

#1 PHARMACIST
RECOMMENDED*

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List No. 14159
L201
Cat. A546
5J030

**Nature Made**

St. John's Wort

450 mg Extract

**1 DOSE
PER DAY**



HERBAL SUPPLEMENT
40 TABLETS



No Color Added • No Artificial Flavors • No Preservatives • No Yeast • Gluten Free

Suggested Use: For Adults, take two tablets one time daily with water at mealtimes. For easier swallowing, take with water before and during ingestion.

Keep bottle tightly closed. Store in a cool, dry place. Keep out of reach of children.

CAUTION: Not for use by children. If you are pregnant or nursing, consult a health professional before taking this product. There is a possibility St. John's Wort may interact or interfere with some prescription drugs, including blood thinners, oral contraceptives and antidepressants. Consult with your physician or pharmacist before using this product if you are taking any prescription drug, and visit NatureMade.com for additional contraindication information. Side effects,

Supplement Facts

Serving Size 2 Tablets
Servings Per Container 20

Amount Per Serving	% Daily Value
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Sodium 10 mg	less than 1%
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St. John's Wort aerial parts extract 900 mg	*
(Hypericum perforatum)	

Hypericin (by UV) 2.7 mg	*
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*Daily Value not established.

such as rash, dizziness or nausea, may occur.

St. John's Wort is a stimulant and may worsen feelings of anxiety in some people. Psychosis is a rare but possible side effect of taking St. John's Wort, particularly in people who have or are at risk for mental health disorders, including bipolar disorder. Limit exposure to the sun as St. John's Wort may cause increased photosensitivity in fair skinned individuals. Discontinue use and consult a health care provider if you experience any side effects.

**DO NOT USE IF IMPRINTED SEAL
UNDER CAP IS BROKEN OR MISSING.**

Other Ingredients: Cellulose Gel, Croscarmellose Sodium, Maltodextrin, Sodium Starch Glycolate, Silicon Dioxide, Hypromellose, Magnesium Stearate, Polyethylene Glycol, Stearic Acid.

Distributed by: **Nature Made Nutritional Products**,
Mission Hills, CA 91346-9606, U.S.A.

1-800-276-2878 • www.NatureMade.com

St. John's Wort tablets are made to Nature Made's guaranteed purity and potency standards.

*Based on Pharmacy Times Survey of Pharmacist Recommending Herbal Supplements.

Lot: _____
Exp: _____