

swanson.com
or call 1-800-437-4148

- Supports mood regulation
- Helps maintain emotional wellbeing
- Promotes a feeling of calmness and relaxation

Science-Backed Quality Since 1969

Suggested use: As a dietary supplement, take one capsule two times per day with water or as recommended by your healthcare provider.

WARNING: For adults only. Not recommended for pregnant or lactating women. If you are taking a prescription medication, including birth control pills, consult a healthcare professional before taking this product. This product may cause the skin and eyes to become photosensitive. Avoid lengthy exposure to natural sunlight or tanning salon lights. Discontinue use if reddening or inflammation of the skin develops.

Keep out of reach of children. Do not use if seal is broken. Store in a cool, dry place.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



Full Spectrum® St. John's Wort

Mental and Emotional Health

375 mg per capsule

HERBAL SUPPLEMENT | 120 CAPSULES

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving

St. John's Wort	375 mg*
(Hypericum Spp.) (aerial parts)	

*Daily Value not established.

Other ingredients: Gelatin, magnesium stearate, microcrystalline cellulose (plant fiber).

DISTRIBUTED BY SWANSON HEALTH PRODUCTS
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