

**St. John's Wort** (*Hypericum perforatum*) is an herbal extract that has been used in Europe for years.\*\* This material has been standardized to contain 0.3% Hypericins, known active components contained in the herb. Research has indicated that hypericins interfere with particular enzymes in the brain that inhibit the "feel good" neurotransmitters such as serotonin, epinephrine and dopamine.\*\* **St. John's Wort** is an effective nutritional supplement to support today's stressful lifestyles.\*\*

- **Enhances Mood & Well-Being\*\***
- **Supports a Positive Mental Outlook\*\***
- **Standardized to 0.3% Hypericins!**

\*\*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

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Lot#  
Best if used by:



# St. John's Wort

## 0.3% Hypericin

**Enhances Mood\*\***

➤ **Supports a Positive Mental Outlook\*\*** ◀

DIETARY SUPPLEMENT  
60 VEGETARIAN CAPSULES

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**Suggested Usage:** Take 1 capsule with a meal up to 2 times daily or as directed by your qualified healthcare provider.

### Supplement Facts

Serving Size 1 Vegetarian Capsule  
Servings Per Container 60

| Amount Per Serving                                                        | %Daily Value* |
|---------------------------------------------------------------------------|---------------|
| St. John's Wort 450mg<br>( <i>Hypericum perforatum</i> - 0.3% hypericins) | †             |

\*Percent Daily Values based on a 2,000 calorie diet.  
†Daily Value not established.

**Other Ingredients:** Rice flour. Capsule is made of plant cellulose.

Contains **NO** milk, egg, peanut, tree nut, fish, shellfish, soy, wheat, gluten or yeast.

Formulated by & Manufactured for:  
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