

**Suggested Usage:** Take 1 capsule 3 times daily, preferably with food.

St. John's Wort (*Hypericum perforatum*) has a long history of traditional use by herbalists dating back more than 2000 years.

**Caution:** For adults only. Do not exceed 3 capsules daily, unless directed by a healthcare professional. Larger amounts may contribute to photosensitizing reactions (skin reddening) in the presence of strong sunlight or tanning beds. St. John's Wort is known to interact with antidepressants, oral contraceptives, immunosuppressants, anticoagulants, anti-seizure, chemotherapeutic agents, and other prescription and over-the-counter medications. Do not use this product while taking any medication or if you have a medical condition without the advice of your physician. Not for use by pregnant/nursing women. Keep out of reach of children.

Do Not Eat Freshness Packet. Keep in Bottle.

CAPSULE SIZE

CODE 4761 V5



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# St. John's Wort

## 300 mg

Standardized Extract

- 0.3% Hypericin
- Non-GMO

## 250 Veg Capsules

A Dietary Supplement    Vegetarian/Vegan

Botanicals/Herbs

Family owned since 1968.

## Supplement Facts

Serving Size 1 Veg Capsule

### Amount Per Serving

|                                                                                            |         |
|--------------------------------------------------------------------------------------------|---------|
| St. John's Wort Extract<br>( <i>Hypericum perforatum</i> )<br>(Herb) (min. 0.3% Hypericin) | 300 mg* |
|--------------------------------------------------------------------------------------------|---------|

\* Daily Value not established.

Other ingredients: Cellulose (capsule), Rice Flour, Silica and Magnesium Stearate (vegetable source).

NOW FOODS, 395 S. Glen Ellyn Rd.  
Bloomington, IL 60108, USA    [nowfoods.com](http://nowfoods.com)

Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Natural color variation may occur in this product.

Store in a cool, dry place after opening.

Please Recycle.

