



# st. john's wort extract

300mg 0.3% hypericins

mood<sup>v</sup>

herb

240 veggie capsules  
dietary supplement

gluten free

dairy free

soy free

nut free

actual size



## Supplement Facts

Serving Size 1 Veggie Capsule

|   | Amount Per Serving | % Daily Value |
|---|--------------------|---------------|
| St. John's Wort Extract<br>( <i>Hypericum perforatum</i> )(flower)<br>to 0.3% Hypericins (0.9 mg) | 300 mg             | *             |

\* Daily Value not established.

**Other ingredients:** Rice flour, vegetable cellulose, magnesium stearate.

**Does not contain:** Yeast, Wheat, Gluten, Sugar, Salt, Soy, Dairy, Citrus, Fish, Artificial Colors or Flavors.

This natural product may vary in color.

▼ 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.

STORE IN A COOL, DRY PLACE.  
KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT

Do not use if outer seal is broken or missing.

**DIRECTIONS:** As a dietary supplement, (1) veggie capsule up to three (3) times daily, preferably with meals.

**WARNING:** Do not use St. John's Wort if you are pregnant, nursing or taking anti-depressants, HIV protease inhibitors (such as Indinavir) or drugs to prevent organ transplant rejection (such as Cyclosporine). Consult your physician before use if you are taking oral contraceptives, anticoagulant medication (such as Warfarin), selective serotonin reuptake inhibitors, or any other medication. Limit exposure to sun and other sources of ultraviolet light. Stop use and ask a doctor if you develop a rash.

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