

St. John's Wort extract

Cat. No. EXTC-203

Lot. No. (See product label)

Product Information

Source

St. John's Wort (*Hypericum perforatum* in latin) is native to and relatively widespread in the temperate climes of Europe, western Asia, and North Africa. It was also introduced to other temperate climes. It prefers sunny locations on dry, limy or primary rocky soils and is found on fallow land, the edges of meadows and forests, walls, and paths up to an altitude of 1500 metres.

Purity

0.3% Hypericin

Function

St. John's Wort Extract is a secure nerval nutrilit. It has always been used for mild to moderate depression. Scientific studies of the herb suggest that it acts to increase the activity and prolong the action of the neurotransmitters serotonin and noradrenaline, in a similar manner to standard antidepressants, but with fewer reported side effects.