

ST. JOHN'S WORT

Traditionally used in Herbal medicine to help relieve restlessness and nervousness.

100 capsules 350 mg

VEGETARIAN | PESTICIDE FREE | GMO FREE

NPN 80000302

History²

St. John's wort is a plant native to Europe, North Africa and the Middle East. Today it is also naturalized in Australia, Canada, and the United States.

Its medicinal use can be traced back to antiquity, when ancient Greeks used it to treat wounds, injuries, internal infections, and neuralgic disorders. At the end of the Middle Ages, its use centered on its virtues for healing neuralgic disorders, anxiety, and depression. Between the 18th and mid-20th centuries, the use of St. John's wort spread widely in Europe, where it was prescribed in treatments for hysteria and psychosomatic disorders linked to depression.

Today, the therapeutic effects of St. John's wort are widely documented in the research literature. Its use has been recognized by the German Commission E and ESCOP for the treatment of psychosomatic disorders, depressive states, anxiety, and nervous agitation. The World Health Organization has also recognized its use for the treatment of mild to moderate depression.



**BPF
GMP**

MEDICINAL INGREDIENT

St. John's wort aerial parts (*Hypericum perforatum*)..... 350 mg

NON-MEDICINAL INGREDIENT

Hypromellose.

RECOMMENDED DOSE

Adult: 2 capsules 3 times daily. Take with a glass of water. Use for a minimum of 1 week to see beneficial effects.

DURATION OF USE

Consult a health care provider for use beyond 18 weeks.

WARNINGS

- Consult a health care provider prior to use if you are pregnant or breastfeeding.
- Consult a health care provider prior to use if you are taking anti-anxiety medications, seizure medications, antihistamines, bronchodilators, muscle relaxants and/or opiates.
- Consult a health care provider if symptoms persist or worsen.
- Avoid prolonged exposure to sunlight, ultraviolet light (UV) or UV therapy.

CONTRAINDICATIONS

Do not use if you are taking anti-cancer medications, blood thinners, antidepressant medications (e.g. selective serotonin reuptake inhibitors (SSRI)), anti-HIV agents, cardiovascular medications, immunosuppressants, and/or contraceptive medications.

KNOWN ADVERSE REACTIONS

- Some people may experience mild gastrointestinal disturbances, nausea, restlessness and/or headaches.
- Hypersensitivity, such as an allergy, has been known to occur; in which case, discontinue use.

HYPERICUM PERFORATUM

USDA Classification¹

Kingdom : Plantae

Division : Magnoliophyta

Class : Magnoliopsida

Order : Theales

Family : Clusiaceae/Guttiferae

Genus : Hypericum L.

Species : Hypericum perforatum L.

Professionals³

Despite numerous trials confirming the effectiveness of St. John's wort on nervous disorders, anxiety, and depression, many questions and uncertainties remain as to its mode of action. It is believed that the plant's compounds act on neurotransmitters by inhibiting neuronal reuptake and by blocking certain receptors. As is often the case with herbal medicines, a synergy of action between various compounds may be responsible for its therapeutic effects. Notwithstanding, hyperforin appears to be the major player in the activity of St. John's wort. Moreover, the flavonoids and xanthenes it contains appear to be largely responsible for its inhibitory activity.

Léo Désilets Maître Herboriste has selected St. John's wort as the natural ingredient for the formulation of these capsules, which are used as a sedative to help relieve restlessness and nervousness.



LEO DESILETS

Léo Désilets Master Herbalist is an entirely Quebec owned and operated natural products firm based in Scotstown in the Eastern Townships. It began operations in 1974 when the founder launched his premier product: Balsam Fir Gum

Our production methods meet the requirements and quality standards of Health Canada's Good Manufacturing Practices (GMP).

We produce a wide range of natural health and skincare products, which are available through our website as well as most natural health stores and some pharmacies.

Our mission: to offer high quality natural health and skincare products to help you take care of your health in a natural way.

RÉFÉRENCES

¹ **Hypericum perforatum L. - common St. Johnswort.** USDA Plants Database. Available online at: <http://plants.usda.gov/core/profile?symbol=HYPE> (consulté le 23.03.2015)

² **Millepertuis.** Passeport Santé. Available online at: http://www.passeportsante.net/fr/Solutions/PlantesSupplements/Fiche.aspx?doc=millepertuis_ps (consulté le 31.03.2015)

³ **Boulin A.** Le Millepertuis : État des Lieux et Enquête sur sa Délivrance Officinale en Région Haute-Normandie. Diplôme d'État de Docteur en Pharmacie. UFR de Médecine-Pharmacie de Rouen. 2014

