

St. John's Wort

A highly potent extract of *Hypericum perforatum* designed to improve mental health and neurological function. Sustainably sourced, traceable and GMO free.

Each capsule contains:

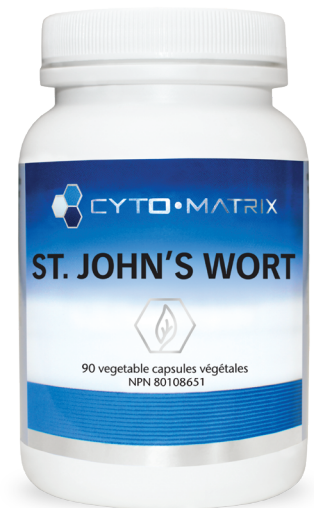
St. John's Wort extract (herb top, *Hypericum perforatum*), 0.28% hypericins 450mg

90 vegetable capsules



*PhytoProof® is a registered trademark of Euromed USA, Inc

Vegan. GMO, gluten, soy and dairy free.



Hypericum perforatum, more commonly known as St. John's Wort, is classically known for its ability to improve mood and for its positive effect on neurological function, particularly for managing neuropathic pain. The active ingredients responsible for these effects are hypericin and hyperforin, which have been shown to have positive effects on serotonin, dopamine and various catecholamines.

Dozens of trials have been conducted to evaluate the efficacy of this herbal extract against both placebo and pharmaceutical antidepressants, in many cases finding comparable outcomes to selective serotonin reuptake inhibitors and tricyclic antidepressants. The evidence-based

Key points

- 450mg (5:1 extract; Dried Herb Equivalent [DHE] 2250mg) of *Hypericum perforatum* per vegetable capsule standardized to contain a minimum of 0.3% hypericin content
- Designed to improve mental health and neurological function, including neuropathic pain
- Guaranteed to be low in cadmium, a heavy metal of concern in certain wildcrafted hypericum species
- A part of the Herbal Matrix series, containing sustainably sourced, traceable and GMO free and herbs with potent therapeutic properties
- 90 vegetable capsules per bottle

dosage for these positive effects appears to be 900mg per day. That being said, the constituent content of *Hypericum perforatum* differs quite drastically between manufacturers and the efficacy cannot be extrapolated from one extract to another unless active ingredient concentrations are considered.

St. John's Wort contains 450mg of *Hypericum perforatum* per vegetable capsule, standardized to contain a minimum of 0.3% hypericin content for therapeutic outcomes. **St. John's Wort** is also guaranteed to be low in cadmium, a heavy metal of concern in certain wildcrafted hypericum species.

Each bottle of **St. John's Wort** contains 90 vegetable capsules.

St. John's Wort is a part of the Cyto-Matrix Herbal Matrix Series, containing sustainably sourced, traceable and GMO free herbs with potent therapeutic properties. Each herb is extracted and tested to ensure the standardization of active ingredients, ultimately leading to efficacious, predictable and reliable products. The Cyto-Matrix Herbal Matrix Series of herbal extracts is beneficial for both the health of individuals, and also the health of our planet and future generations.

Related products

Bio-B Matrix HP
Black Cohosh
Echinacea
Ginkgo Biloba
Horse Chestnut
Mood Matrix
Panax Ginseng
Relax Matrix
Saw Palmetto

Non-Medicinal Ingredients: Vegetable-grade magnesium stearate, microcrystalline cellulose, brown rice flour. Capsule: hypromellose.

Indications: Helps promote healthy mood balance and relieve sleep disturbances associated with mood imbalance. Traditionally used in Herbal Medicine to help relieve restlessness and nervousness.

Directions: Adults - Take 1 capsule, 2 times per day or as directed by a healthcare professional.

Duration of Use: Use for at least 1 week to see beneficial effects. Consult a healthcare professional for use beyond 18 weeks.

Contraindications: Do not use this product if you are taking anti-cancer, antidepressant [e.g. selective serotonin reuptake inhibitors (SSRI)], cardiovascular, contraceptive medications, blood thinners, anti-HIV agents and/or medications to suppress the immune system (immunosuppressive medications).

Warnings: Do not use if safety seal is broken. Consult a healthcare professional prior to use, especially if you are pregnant or breastfeeding or if you are taking antianxiety or seizure medications, antihistamines, bronchodilators, muscle relaxants and/or opiates. Avoid prolonged exposure to sunlight, ultraviolet light (UV) or UV therapy. Consult a healthcare professional if symptoms persist or worsen.

Known Adverse Reactions: Stop use if hypersensitivity occurs. Some people may experience mild gastrointestinal disturbances, nausea, restlessness and/or headaches.



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