

St John's Wort 1.8g

M1430

Quality is our Passion
 Passion Flower (*Passiflora incarnata*)

St John's Wort 1.8g: More than Just Mood

St John's Wort herb has been used traditionally for more than 2000 years. In the mid-1980s many clinical trials in Europe and throughout the world began exploring the effectiveness of St John's Wort extracts.¹ Extracts in the 1990s were standardized to contain a certain amount of hypericins (hypericin and pseudohypericin) and hyperforin. In more recent years, hyperforin has been considered less important (due to its potential instability), and the flavonoids have gained in importance.*

How St John's Wort 1.8g Keeps You Healthy Supports the body's natural ability to stabilize mood and maintain healthy emotional balance

Statistical analysis of the results of many, many randomized clinical trials have confirmed that standardized St John's Wort extract supports the body's natural ability to stabilize mood.^{2,3} These and other trials showed that when experiencing this type of emotional stress, standardized St John's Wort extract also:^{4,7}

- promoted normal energy levels
- helped achieve normal sleeping patterns
- promoted normal appetite and digestion
- reduced nervous tension and restlessness
- improved quality of life measures
- supported normal muscle function*

Standardized St John's Wort extract also helps stabilize mood and maintain healthy emotional balance in other situations, such as:

- following prolonged exercise⁸
- at the start of menstruation⁹
- at the start of and during menopause^{10*}

Many ways to support healthy emotional and nervous system response

Herbs are complex mixtures that are often able to assist the body in many ways. Standardized St John's Wort extract may help support healthy emotional and nervous system response:

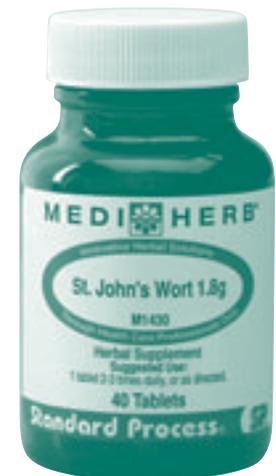
- by promoting a healthy relaxing effect (demonstrated in clinical trials by measuring EEG (electroencephalogram) activity)¹¹
- by promoting a healthy response in the hypothalamic-pituitary-adrenocortical system (necessary for normal energy, muscle function, motivation and concentration)⁵
- by promoting healthy activity in some central neurotransmitters and pathways (encourages healthy functioning of nerve impulses in the brain)¹²
- as a traditional nerve tonic (see below)^{13,14*}

Supplement Facts		
Serving size:	1 tablet	
Servings per container:	40	
Amount per Serving		%DV
Calories	2	
Calcium	60 mg	6%
St John's Wort herb fl. top 6:1 extract from <i>Hypericum perforatum</i> herb fl. top 1.8 g	300 mg	†
Containing hypericins 900 mcg and flavonoid glycosides 18 mg		
† Daily Value (DV) not established.		

Other ingredients: Calcium acid phosphate, cellulose, hypromellose, magnesium stearate and sodium starch glycolate.

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. Do not use this product while taking any prescription drug(s) without the advice of your prescribing physician. Avoid excessive exposure to UV irradiation (eg sunlight, tanning) when using this product.

Product No M1430 **Content** 40 Tablets



St John's Wort 1.8g M1430



Associate Professor Kerry Bone
 MediHerb Co-Founder and
 Director of Research and Development

A Phytotherapist's Passion

"Philosopher and teacher Rudolf Steiner once said that, for every human illness, somewhere in the world there exists a plant which is the cure. I believe that there is a healing potential locked inside plants which is integral with their evolution, just as it is part of human evolution to learn to tap this wonderful gift of Nature."

What is a nerve tonic?

Nerve tonics are herbs used by natural clinicians that nurture the nervous system. They help restore normal function to the nervous system when slightly out of balance.¹³ In cases of nervousness and stress, nerve tonics may help the body to relax. For temporary mood swings nerve tonics may help restore balance and support a healthy response.^{13,14*}

Why use top quality herbal products from a reliable manufacturer?

Consumers need to be confident of the integrity of the herbal manufacturer to ensure that the product contains the stated amount of important constituents.*

The American College of Physicians–American Society of Internal Medicine prepared a clinical guideline in 2000. They recommended that St John's Wort may be considered as short-term support for temporary mood swings. They cautioned that St John's Wort is not approved by the US Food and Drug Administration and that preparations may vary substantially from those tested in clinical trials.¹⁵ The quality of St John's Wort products sold in the United States has been found to vary greatly. Research published in 2005 and 2006 indicated that products obtained from Mississippi and Washington DC had levels of the important plant constituents called hypericins at much lower than that claimed on the labels.^{16,17*}

What Makes St John's Wort 1.8g Unique

St John's Wort 1.8g is unique in the professional herbal products industry because:

- It states on the label exactly how much each tablet contains of the important plant constituents (hypericins, flavonoid glycosides)
- MediHerb tests the quantity of hypericins and flavonoid glycosides in St John's Wort raw material
- MediHerb's testing also ensures the hypericins and flavonoid glycosides are retained in the product throughout manufacture

Unique Manufacture & Analytical Testing

Quality and safety ensured

- Manufactured in Australia to the high standards of international pharmaceutical Good Manufacturing Practice
- Raw materials and finished product are subjected to tough quality standards

References

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Quality is our Passion

MediHerb products are developed by experts and leaders in the field of herbal therapy, using scientific evidence and hundreds of years of traditional knowledge.

Kerry Bone and over 20 health care professionals work within MediHerb while still managing their own clinical practices, plus we consult with an advisory board of health care professionals from around the world.

Our products are made using only the highest quality ingredients which are extensively tested for purity and potency. The MediHerb manufacturing plant operates to a strictly regulated pharmaceutical standard and is regularly audited by the Therapeutic Goods Administration (similar to the FDA), the same body that audits conventional pharmaceutical manufacturing facilities. The comprehensive regulations in Australia mean that you receive a safe and effective product that has been manufactured to pharmaceutical standards.

We know from our experience as health care professionals that the quality of a product you take makes a huge difference to the health outcome you experience. We dedicate ourselves to researching and making the best possible products to deliver health solutions that work.



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