



St. John's Wort TINCTURE

MOOD

Fights mild depression

NPN 80001801

50 ml

Each ml contains

St. John's Wort	fresh flower	<i>Hypericum perforatum</i>	1:3	272 mg	Organic
Alcohol 40% to 45%, certified organic					

DOSAGE

INTERVENTION: 1.5 ml, 3 to 4 times per day, maximum of 2 weeks.

TREATMENT: 1 ml, 3 times per day.

DIRECTIONS FOR USE

Shake before using. Take in a mouthful of water. For long-term use, take 6 days out of 7.

MODE OF ACTION

St. John's wort herb is used mainly in the treatment of mild to moderate depression and seasonal depression. It relieves symptoms of depression, stabilizes the mood and increases motivation. Its mechanism of action is complex: a few of its constituents increase the levels of certain neurotransmitters (serotonin, noradrenalin, dopamine, GABA) by inhibiting their degradation or reuptake. Hypericin is a monoamine oxidase inhibitor (MAOI), like many antidepressant drugs. St. John's wort reduces anxiety, nervousness, irritability and nervous agitation and it promotes emotional stability.

St. John's wort also has mild sedative effects. It increases the level of melatonin during the night and relieves insomnia if combined with lemon balm infusion. It has nootropic effects and is used for general anxiety and obsessive-compulsive disorder. It increases libido.

St. John's wort has a marked effect on muscle pain and cramps due to muscle tension. It relieves menstrual cramps and the irritability and anxiety of premenstrual syndrome and menopause. As well, it relieves nerve pain, spasms, muscle tension and chronic pain such as that of fibromyalgia. It is anti-inflammatory, it prevents the accumulation of lactic acid in the muscles and reduces muscle pain caused by physical effort. It therefore increases endurance in athletes.

Its antiviral properties make it useful in the treatment of cold sores, genital herpes and shingles as it acts both on the virus and the nerve pain.

Hypericum perforatum acts on the bladder and urinary tract. It is used for bedwetting in children and when there is pain, irritation and spasms of the urinary tract. St. John's wort is antibacterial, antifungal and promotes the scarring of tissues.

The main constituents of St. John's wort are naphthodianthrones (hypericin, pseudohypericin) phloroglucinols (hyperforin, adhyperforin), flavonoids (hyperin, hyperoside, isoquercetin, kaempferol, luteolin), phenolic acids (caffeic, chlorogenic, ferulic), tannins, procyanidins, carotenoids, phenols and volatile oils.

HELPFUL ASSOCIATIONS

GREEN OATSTRAW infusion for troubles of the nervous system.

SKULLCAP tincture for anxiety.

DREAMTOP or **LEMON BALM** for sleep disorders.

ELEUTHERO for fatigue and exhaustion.

MEADOWSWEET for nerve and muscle pain and for inflammation.

ETHNOBOTANY

Nervous system: mild to moderate depression, seasonal depression, mood swings, anxiety, sleep disorders, nerve pain, nervousness, irritability, agitation, stress.

Other: Bell's paralysis, trigeminal nerve pain, carpal tunnel syndrome, vulvodynia, sciatica, fibromyalgia, shingles, incontinence, muscle pain, herpes.

HISTORY

St. John's Wort has long been associated with St-John the Baptist because it flowers around the Saint's anniversary on June 24th, thus its name. It has been used since the Ancient Greeks to treat troubles of the nervous system. Hippocrates, Pliny and Gallen all mention the use of St. John's wort to heal wounds, as a pain reliever and a diuretic. In the 19th and 20th centuries, the American eclectic doctors prescribed St. John's wort for hysteria and nervous troubles with depression. Today, it is one of the most studied herbs for the treatment of mild to moderate depression.

CONTRA-INDICATIONS

Consult a health care practitioner if symptoms persist or worsen, if you experience sleep disorders or to use it for more than 18 weeks. Do not use during pregnancy and breastfeeding.

INTERACTIONS

Avoid using with any prescription drug, including oral contraceptives.

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Organic, fresh herbs from the garden.

Made according to GMP.

Kosher, vegan and non-irradiated.

NO additives, colouring, added sugar, gluten, soy or GMOs.

