

# St John's Wort 1.8g

Nervous System Support\*

St John's Wort 1.8g is traditionally used in herbal preparations to help:

- ✓ Maintain healthy emotional or mood balance
- ✓ Relieve occasional sleeplessness
- ✓ Relieve sleep disturbances associated with nervous tension
- ✓ Relieve mild nervous tension and stress
- ✓ Relieve mild nervousness associated with menopause\*

**MediHerb St John's Wort 1.8g** contains St. John's Wort herb and flower extract. It is standardized to provide the active components hypericin and flavonoid glycosides, which are known to be responsible for the beneficial actions of the herb. St John's Wort is one of the most widely recommended traditional herbs in Europe, but also enjoys tremendous popularity in countries such as Australia and the United States.<sup>1</sup>

## Traditional Use of St John's Wort

St John's Wort is a beautiful herb with yellow star-shaped flowers that is native to Europe. It is named after the biblical preacher St. John the Baptist; it was traditionally collected on his day of honor (June 24th), with the word 'wort' meaning plant. St John's Wort has been used traditionally for over 2000 years, and has a long history of folk use with a variety of applications.<sup>2,3</sup> However, it is mostly renowned as a traditional herb for the relief of mild nervous afflictions (i.e. tension and restlessness) and the support of healthy emotional and mood balance in the general population and menopausal women.<sup>\*4-9</sup>



HIGH POTENCY  
STANDARDIZED  
EXTRACT\*

MILD NERVOUS  
TENSION &  
STRESS RELIEF\*

RELIEF OF  
OCCASIONAL  
SLEEPLESSNESS\*

M1795 60 Tablets

### Suggested Use:

1 tablets 2-3 times daily, or as directed.

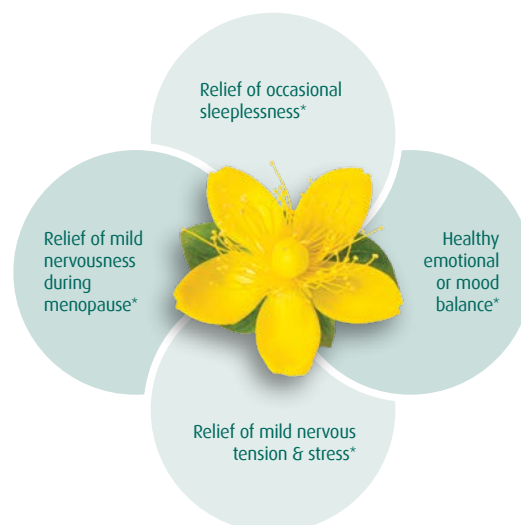
### Supplement Facts

Serving size:	1 tablet	
Servings per container:	60	
	Amount per Serving	%DV
Calcium	87 mg	6%
St John's Wort herb flowering top 6:1 extract from <i>Hypericum perforatum</i> herb flowering top 1.8 g	300 mg	†
Containing hypericins 900 mcg		
Containing flavonoid glycosides 18 mg		
† Daily Value (DV) not established.		

**Other Ingredients:** Dibasic calcium phosphate dihydrate, microcrystalline cellulose, sodium starch glycolate, maltodextrin, hypromellose, silicon dioxide, and magnesium stearate.

**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.

Figure 1: Traditional Uses of St John's Wort



## How St John's Wort 1.8g Supports Your Health:



### Nervous System Support for Healthy Mood

- St John's Wort helps to support and maintain a healthy mood via its effects on the nervous system by relieving mild nervous tension, stress, and unrest.<sup>4-9</sup> It is also traditionally used to help mild nervousness associated with menopause.<sup>\*5,6</sup>



### Sleep Support

- The reasons that affect our mood balance and stress levels are often the same reasons we may experience occasional sleeplessness. They are interconnected, and helping one will often help the other. As a traditional preparation for the nervous system, St John's Wort is ideally suited to address both, thereby providing relief for occasional sleeplessness that is caused by nervous tension and restlessness.<sup>\*4,10</sup>

## References

- <sup>1</sup> Braun L, Cohen M. *Herbs & Natural Supplements - An evidence-based guide*. 4th ed. Volume 2. Sydney: Churchill Livingstone; 2015.
- <sup>2</sup> Natural Medicines. *St. John's Wort. Professional Monograph*. Therapeutic Research Centre. 2021. Available from: <https://naturalmedicines.therapeuticresearch.com/>
- <sup>3</sup> Pizzorno MT, Murray JE. *Textbook of Natural Medicine*. 5th ed. Volume 1. St. Louis: Elsevier; 2020, pp.670-676.
- <sup>4</sup> Health Canada. *St. John's Wort - Hypericum perforatum - Oral*. Monograph. 2018. Available from: <http://webprod.hc-sc.gc.ca/nhp/nd/bdipsn/atReq.do?atid=stjohnswort.millepertuis.oral&lang=eng>
- <sup>5</sup> British Herbal Medicine Association. *British Herbal Compendium*. Vol.2. Bournemouth, 2006, pp.363-368.
- <sup>6</sup> Bone K, Mills S. *Principles and Practice of Phytotherapy*. 2nd edition, Churchill Livingstone, Sydney, 2013, pp.826-860.
- <sup>7</sup> Mills S. *The A-Z of Modern Herbalism. A Complete Guide to Practical Herbal Therapy*. Thorsons / Harper Collins Publishers, London, 1989, pp.186-187.
- <sup>8</sup> Hoffmann D. *Medical Herbalism. The Science and Practice of Herbal Medicine*. Vermont: Healing Arts Press; 2003, p.559.
- <sup>9</sup> Grieve M. *A modern Herbal*. Tiger Books International, London, 1973 (first published 1931). Available from: <https://botanical.com/botanical/mgmh/mgmh.html>
- <sup>10</sup> Lakhan SE, Vieira KF. *Nutritional and herbal supplements for anxiety and anxiety-related disorders: systematic review*. Nutr J. 2010 Oct 7;9:42.



## MediHerb Quality Choice

### Results-driven formulations

MediHerb develops formulas focused on perfecting the balance of the highest quality ingredients to produce the highest quality herbal supplements. Our commitment to quality governs all aspects from sourcing ingredients to bottling to ensure the high standard of our herbal extracts.

### Strict product testing

MediHerb has developed a strict quality assurance program that goes beyond industry standards. This is upheld with precision and dedication so you can be confident MediHerb products are free from adulterants and contamination, while containing the right levels of active phytochemicals that result in a quality end product.

Please consult the product packaging label for the most accurate product information.

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\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.