

## Product Profile

# ST. JOHN'S WORT

*Hypericum perforatum*

Liquid extract of fresh flowering & budding tops.

**Actions:** Increases life and potentiates effects of neurotransmitters. Nerve tonic; mild sedative and antidepressant. Antiviral against HIV and hepatitis C. Vulnerary (esp. to inflamed or injured nerves).

**Uses:** Nervous debility, anxiety and mental depression; anorexia. Nerve injury, inflammation and pain: brain concussion, shock or injury of spine or soreness of spinal area; sciatica; multiple sclerosis; shingles (taken internally and topically). Topically to treat trauma soreness, wounds, bruises, contusions and shingles.

**Dose:** Take 30 to 40 drops, 2 to 5 times per day. Topically apply full-strength (if well tolerated), or dilute with 1 or 2 parts water.

**Cautions:** Avoid intense or prolonged exposure to sunlight or ultraviolet light while taking St. John's Wort extract.



Excerpted from the Therapeutic Herb Manual by Ed Smith. The Therapeutic Herb Manual is available for purchase by calling Herb Pharm at: 1-800-348-4372.

\*This manual and the information above is for educational and research purposes only. It is not intended to medically prescribe or promote the sale of any product, nor is it intended to replace qualified medical healthcare. If you have, or think you have a condition which requires medical attention, you should promptly seek qualified healthcare.