

St. John's Wort with Passion Flower

DIN 02237403, Herbal combination, Stock No. 655-3

St. John's Wort, also known as Hypericum, has been part of herbal medicine for over 2,000 years, particularly in the arena of wound healing. Ancient healers used St. John's Wort as a cure for poisonous snakebites, as a diuretic, for promoting menstruation, as a sciatica remedy, and malaria.

St. John's Wort has been studied extensively in Germany and Russia. Researchers have identified high amounts of flavonoids in the herb, as well as a substance called hypericin. Hypericin has been found to have antibacterial, antidepressive, antifungal, anti-inflammatory, and antiviral properties.

Did you know?

Depression is one of the most undertreated medical illnesses in this country. It is estimated that twelve million people in the United States and 1.2 million in Canada suffer from depression and do not know it (*Hypericum & Depression* par Harold H. Bloomfield, M.D., page 35).

NSP Advantage

100 capsules. Herbal combination.

Ingredients: 400 mg blend of the finest St. John's Wort (*Hypericum perforatum*) extract, passion flower (*Passiflora incarnata*) herb, maltodextrin, magnesium stearate, silicon dioxide. The St. John's Wort used in this product is standardized to 0.3% hypericins.

Recommendation: Take one capsule with a meal three times daily.

CAUTION: Before using this product, consult your health care provider if you are taking prescriptive antidepressive drugs including selective serotonin reuptake inhibitors as well as any MAO inhibitors. While taking this product, avoid exposure to strong sunshine and tanning rays (tanning salons).

Features & Benefits

- St. John's Wort has traditionally been used as sedative for relief of restlessness or nervousness.
- St. John's Wort helps to treat symptoms of sleep disorders.
- Relieves mild to moderate depression, nervous stress, and debility.
- May help treat coccygeal pain, rheumatic pain, and sciatic pain.
- May provide relief for cramps and irregular menstruation.
- Stimulates the new formation of damaged tissues, and supports regeneration of injured nerves.
- Fights viral infections, and may inhibit viral infections, including HIV and herpes.
- St. John's Wort and passion flower work synergistically to relieve anxiety and neuralgia.