

St. John's Wort

A highly potent extract of *Hypericum perforatum* designed to improve mental health and neurological function.

Sustainably sourced, traceable and GMO free.

Vegan

GMO Free

Gluten Free

Soy Free

Dairy Free



- 450mg (5:1 extract; Dried Herb Equivalent [DHE] 2250mg) of *Hypericum perforatum* per vegetable capsule standardized to contain a minimum of 0.3% hypericin content
- Designed to improve mental health and neurological function, including neuropathic pain
- Guaranteed to be low in cadmium, a heavy metal of concern in certain wildcrafted hypericum species
- A part of the Herbal Matrix series, containing sustainably sourced, traceable and GMO free and herbs with potent therapeutic properties

Hypericum perforatum, more commonly known as St. John's Wort, is classically known for its ability to improve mood and for its positive effect on neurological function, particularly for managing neuropathic pain. The active ingredients responsible for these effects are hypericin and hyperforin, which have been shown to have positive effects on serotonin, dopamine and various catecholamines.

Dozens of trials have been conducted to evaluate the efficacy of this herbal extract against both placebo and pharmaceutical antidepressants, in

many cases finding comparable outcomes to selective serotonin reuptake inhibitors and tricyclic antidepressants. The evidence-based dosage for these positive effects appears to be 900mg per day. That being said, the constituent content of *Hypericum perforatum* differs quite drastically between manufacturers and the efficacy cannot be extrapolated from one extract to another unless active ingredient concentrations are considered.

St. John's Wort contains 450mg of *Hypericum perforatum* per vegetable capsule, standardized to contain a minimum of 0.3% hypericin content for therapeutic outcomes. St. John's Wort is also guaranteed to be low in cadmium, a heavy metal of concern in certain wildcrafted hypericum species. Each bottle of St. John's Wort contains 90 vegetable capsules.

St. John's Wort is a part of the Cyto-Matrix Herbal Matrix Series, containing sustainably sourced, traceable and GMO free herbs with potent therapeutic properties. Each herb is extracted and tested to ensure the standardization of active ingredients, ultimately leading to efficacious, predictable and reliable products. The Cyto-Matrix Herbal Matrix Series of herbal extracts is beneficial

for both the health of individuals, and also the health of our planet and future generations.

Each capsule contains

St. John's Wort 450mg
(herb top, *Hypericum perforatum*) extract standardized to 0.28% hypericins



*PhytoProof® is a registered trademark of Euromed USA, Inc.

Non-Medicinal Ingredients

Brown rice powder, hypromellose, magnesium stearate, microcrystalline cellulose.

Recommended Use Claim

Helps promote healthy mood balance and relieve sleep disturbances associated with mood imbalance. Traditionally used in Herbal Medicine to help relieve restlessness and nervousness.

Directions of Use

Adults (18 years and older) - Take 1 capsule, 2 times per day. Use for at least 1 week to see beneficial effects. Consult a healthcare professional for use beyond 18 weeks.

Cautions and Warnings

Do not use this product if you are taking • anti-cancer medications • antidepressant [e.g. selective serotonin reuptake inhibitors (SSRI)] • cardiovascular medications • contraceptive medications • blood thinners • anti-HIV agents • medications to suppress the immune system (immunosuppressive medications). Consult a healthcare professional prior to use if • you are pregnant • you are breastfeeding • you are taking antianxiety medications • you are taking seizure medications • you are taking antihistamines • you are taking bronchodilators • you are taking muscle relaxants • you are taking opiates. Avoid prolonged exposure to • sunlight • ultraviolet light (UV) • UV therapy. Consult a healthcare professional if symptoms persist or worsen. Stop use if hypersensitivity/allergy occurs. Some people may experience mild gastrointestinal disturbances, nausea, restlessness and headaches. et de maux de tête. Keep out of reach of children.

Storage Conditions

Do not use if safety seal is broken.