

St. John's Wort



Natural Solutions For A Positive Outlook

Stress, tension and anxiety are common in our fast-paced environment. The need for a safe, natural alternative to help one maintain a positive sense of well-being has never been greater.

St. John's wort, a traditional European botanical, is now being upheld by modern science as having uniquely beneficial constituents for supporting a positive outlook. Planetary Formulas offers you four St. John's wort formulas. Each offers the modern consumer time-tested herbal supplementation, formulated in light of the latest advances in scientific research.



PLANETARY
F O R M U L A S ®

More Than Herbs – Herbalism!

Modern Research Validates Traditional Use

St. John's wort, in use since the middle ages, is native to Europe but is now found throughout North America.

Most modern research into the properties of St. John's wort has been conducted in Germany, where the use of this herb is widespread. In 1994, almost 66 million daily doses of standardized St. John's Wort extract were dispensed in Germany. Clinical interest in St. John's wort reached new heights in 1996, when the *British Medical Journal* published a summary of research findings, concluding that it had a beneficial effect on mental well-being.

Beneficial Compounds

The key constituents of St. John's wort include naphthodianthrone (hypericin and pseudohypericin), a broad spectrum of flavonoids, and phloroglucinols (especially hyperforin and adhyperforin).

An Array of Botanical Formulas

Planetary Formulas' St. John's wort family is available in four exceptional forms:

ST. JOHN'S WORT EXTRACT tablets are standardized to consistently yield 0.3% hypericin. Three tablets, the suggested use, contain 900 mg of St. John's wort extract, yielding 2.7 mg hypericin. This is the characterization of products found in studies to support a positive outlook and overall sense of well-being.

FULL SPECTRUM™ ST. JOHN'S WORT EXTRACT combines standardized hypericin extract (0.3%) with a flavonoid-rich (4:1) concentrate of flowering tops, in

order to capture the broadest array of constituents associated with St. John's wort's positive effects. Each tablet yields a minimum of 1.0 mg of pure hypericin, a marker reflective of St. John's wort quality, along with valuable secondary constituents.

FULL SPECTRUM™ ST. JOHN'S WORT LIQUID EXTRACT. This leaf and flower extract is rich in the broad spectrum of St. John's wort constituents, which are reflected in its deep burgundy color. It is at least twice as strong as a typical tincture.

ST. JOHN'S WORT EMOTIONAL BALANCE™ unites a standardized St. John's wort extract with Chinese herbs from the classic formula Xiao Yao Wan, or "Relaxed Wanderer," and with the Western herb, lemon balm (*Melissa officinalis*), historically used to raise spirits.

Planetary Formulas St. John's wort supplements integrate modern biochemistry with traditional wisdom. The result is a positive and balanced approach to mental well-being, backed by the 30 years of experience of renowned author, herbalist and acupuncturist, Michael Tierra, L.Ac., O.M.D.

References:

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Developed exclusively for Planetary Formulas by world renowned herbalist, acupuncturist, and author Michael Tierra, L.Ac., O.M.D., who has more than 30 years of clinical experience.



*The above information has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.