

# St. John's Wort Emotional Balance™



*The Natural Solution For Mental Well-Being*

Planetary Formulas ST. JOHN'S WORT EMOTIONAL BALANCE features the European botanical legend St. John's wort (*Hypericum perforatum*). This traditional herb has long been known for supporting a positive mood and healthy outlook. These

properties have now been confirmed by modern research.

ST. JOHN'S WORT EMOTIONAL BALANCE combines St. John's wort with classic Chinese and Western herbs to promote a balanced state of mental well-being.



**PLANETARY**  
F O R M U L A S®

**More Than Herbs – Herbalism!**

## St. John's Wort: Modern Clinical Research

Most research into the properties of St. John's wort has been conducted in Germany, where the use of this herb is widespread. The plant contains a number of important compounds including hypericin, pseudohypericin, hyperforin and a wide variety of flavonoids.

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.

## Classic Chinese Herbs

Blended with this key botanical are Chinese herbs drawn from the classic formula Xiao Yao Wan, or "Relaxed Wanderer," developed during the Song Dynasty (960-1279). These special herbs are bupleurum root, peony root, atractylodes root, dong quai root, poria cocos sclerotium, licorice root, cyperus rhizome and ginger root. This formula was created more than 300 years ago to promote a balanced state of mental well-being.

Completing the blend is lemon balm (*Melissa officinalis*), historically used to raise spirits, as noted by Shakespeare's, "Lemon balm doth make the heart merrieth."

## Formula by Michael Tierra

These botanicals are only now being recognized by modern science as having those unique characteristics well-known to our ancestors. ST. JOHN'S WORT EMOTIONAL BALANCE has been created by the renowned clinical herbalist and licensed acupuncturist Michael Tierra. Over 30 years of herbal study led to his selecting the botanicals in this unique blend.

Planetary Formulas now offers this herbal



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.

supplement, which integrates modern biochemistry with the classical wisdom of traditional Chinese and Western herbology. The result is a balanced and natural approach to mental well-being. Its unique properties offer an alert, clear and positive alternative to life's often distressing circumstances.

## References

Linde, Klaus, et al. (1996) *British Medical Journal*, Vol. 313, 240-58.

## Also Available:

### Full Spectrum™ and Standardized St. John's Wort Extract Tablets

This blend combines a concentrated 600 mg of St. John's wort extract standardized to 0.3% hypericin, the primary qualitative marker of St. John's wort, with a concentrated flavonoid-rich extract (4:1) of St. John's wort flowering tops. Combining the standardized hypericin extract with flowering top extract assures that all of the components naturally occurring in St. John's wort are present.

Also available are pure 300 mg St. John's Wort extract tablets standardized to 0.3% hypericin.

### Full Spectrum™ St. John's Wort Liquid Extract

This Full Spectrum™ liquid extract is prepared in the same careful manner to capture the vital components of St. John's wort, which are reflected in the rich burgundy color of the liquid.

*Adhering to the quality control requirements and codes of ethics of:*

*American Herbal Products Association  
National Nutritional Foods Association*



\*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.