



Category 2
Single Herb
(E=Extract T=Tincture)



GOODFORYOU

GOOD FOR LIFE

ST JOHN'S WORT (E)

(Hypericum perforatum) #253591

100 ml

Description: **ST JOHN'S WORT** extract is a most precious remedy. This herb contains high concentrations of immune-modulating and pseudihypericin chemicals, known as flavonoids. It also contains hypericin which has an antiviral and antidepressive action. Other studies show antibacterial, antifungal & anti inflammatory effect.

Contents / Ingredients

Traditional Therapeutic Action

- interferes with the activity of monoamine oxidase (MAO), a chemical which causes depression -therefore it has been credited with increasing and inducing a sense of well-being.
- helps repair nerve tissue after trauma, especially at the base of the spine
- one of St. John's most exciting effects is hypericin's apparent activity against the AIDS virus
- kills polio & TB viruses
- may be useful in post polio syndrome
- good for helping speech disorders, bed wetting
- strengthens female organs & regulates menstruation
- good for urinary conditions
- eases pain of fibrositis, sciatica and rheumatism
- increases other herbs therapeutic effectiveness when activated by light
- **while using St. John's Wort, do not take amphetamines, narcotics, the amino acids tryptophine and tyrosine, diet pills, asthma inhalants, nasal decongestants, cold or hay fever medicine. In addition, don't drink beer, wine, coffee or eat salami, yogurt, chocolate, smoked or pickled items.**

SUGGESTED DOSAGE: 1/4 to 1 tsp three to four times daily *see caution's below. Due to **St John's Wort** photodynamic sensitization properties it works best during daylight hours, and better in spring and summer.

CAUTION: Do not use when pregnant except under advice of a qualified practitioner.

COMPLEMENTARY SUPPLEMENTATION: **B-100 Formula**- high potency **B-100 Formula** is essential to the treatment of any long-standing nervous disorder. **Calcium Citrate Formula** - calcium is one of the essential minerals for the nervous system. **Vitamin C** - important for strengthening the nerve tissue. **Vitamin E** for its oxygenating & healing factors for any sign of nerve inflammation. **Lecithin** - also necessary for strengthening the myelin sheath & helping in nervous disorders. **Aerobic Oxygen.**