



St. John's Wort

ST. JOHN'S WORT

St. John's Wort is used in the treatment of anxiety and depressive moods.

CONTENTS	% DAILY VALUE
St. John's Wort (.3% extract) - 300 mg	*
St. John's Wort (powder) - 200 mg	*

Other Ingredients: Di-Calcium Phosphate, Magnesium Stearate, Silica and Stearic Acid.

WARNING

INTERACTIONS:

Do not take simultaneously with a **MAO inhibitor**.

SSRI's – St. John's Wort taken concomitantly with an SSRI such as fluoxetine, paroxetine, sertraline, fluvoxamine or citalopram, may lead to an increased effect and possible toxicity "serotonin syndrome", e.g., sweating, tremor, flushing, confusion and agitation. St. John's Wort has slight serotonin reuptake properties.

Do not use with other **photosensitizers**, such as tetracyclines, sulfonamides, thiazides, quinolones, piroxicam and others.

Cyclosporine – Decreased serum concentrations have occurred with use of St. John's Wort.

Ethinylloestradiol and desogestrel (combined oral contraceptive) – Breakthrough bleeding has occurred with concomitant use of St. John's Wort.

Bottle Size – 100 Capsules. Serving Size – 1 Capsule.

SUGGESTED USE: Take one (1) to three (3) capsules daily as a dietary supplement. Do not exceed three (3) capsules daily.

CAUTION: Do not exceed the recommended dose. This product is not intended for pregnant or nursing mothers or children under the age of 18. St. John's Wort may contribute to photosensitivity resulting in skin irritation and redness in persons exposed to strong sunlight or tanning booths. If you are taking anti-depressant medications or have questions about the advisability of taking this product, consult your physician prior to use.

CAUTION: This product is manufactured and packaged in a facility which may also process milk, soy, wheat, egg, peanuts, fish and crustacean fish.