



## St John's Wort 1.8g

Supporting healthy emotional and nervous system response\*



## Delivering Health Solutions That Work

MediHerb was co-founded in 1986 by world-renowned phytotherapist, Professor Kerry Bone. In his words, "Our passion at MediHerb is to unlock the healing power of plants by combining the time-honored wisdom of traditional knowledge with sound clinical experience and the rigor of scientific research. This quest can only be attained by the total commitment to quality and continuous improvement which permeates every aspect of our endeavors."

In over 25 years of operation MediHerb has not only demonstrated an unwavering commitment to quality in herbal products, we have redefined it. We believe our unique approach to quality sets a standard for herbal products that is unsurpassed in the world today.

Kerry Bone and over 20 health care professionals work within MediHerb while still maintaining their own clinical practices. We know from our experience that the quality of a product you take makes a huge difference to the health outcome you experience. We dedicate ourselves to researching and making the best possible products to deliver you health solutions that work.



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For More Than Just Mood



St John's Wort 1.8g



# St John's Wort 1.8g – Maintaining Healthy Emotional Balance

Sometimes, the ups and downs of life can seem overwhelming. Managing work, family and everyday pressures can leave us feeling stressed out, irritable or even mildly depressed.

MediHerb's St John's Wort 1.8g is the safe, natural way to regain your equilibrium and mental well-being. Prized in Europe for centuries as a relaxing herb, St John's Wort works to minimize mood swings, lift energy levels and calm the nerves.\*

It can help you "lighten up" during stressful times, and feel more like yourself again.\*

St John's Wort 1.8g is more than just a natural mood booster. It is also powerfully effective in improving our quality of life. St John's Wort 1.8g can help regularize sleep patterns, support normal muscle function, and promote normal appetite and digestion. Its efficacy is well demonstrated by modern research and extensive clinical use.\*

## What is St John's Wort 1.8g?

St John's Wort 1.8g is an herbal supplement made from the highest quality St John's Wort herb.

In the best St John's Wort products, active compounds must be present in the correct balance. Hypericins are the main active component, but these powerful plant constituents work best when taken as part of a complex herbal supplement. Our precisely balanced formulation includes hypericins and flavonoid glycosides in the ideal quality and quantity.\*

## Who Needs St John's Wort 1.8g?

Anyone who wants to maintain healthy emotional balance can benefit from St John's Wort 1.8g. It enhances the body's built-in ability to stabilize mood. That makes it easier to confidently manage life's physical and emotional challenges. As a gentle tonic that nurtures the nervous system, it eases the effects of periodic stress. St John's Wort 1.8g can also help you cope with environmental stresses by stimulating your immune response.\*

## How is MediHerb's St John's Wort 1.8g Unique?

Each of our St John's Wort tablets is standardized to contain 900 mcg of hypericins and 18 mg of flavonoid glycosides – guaranteeing optimal quality and strength. The effective dose of St John's Wort is 1.8 g taken three times per day.\*

You can be completely confident that MediHerb's manufacturing process maintains the integrity of every component of the finished product.

- Our labeling states exactly how much of the highly important constituents (hypericins and flavonoid glycosides) each tablet contains
- We test the quantity of these vital compounds in the St John's Wort raw material and finished tablet

MediHerb sources only the highest quality herbs. Then we test them extensively, to deliver you an optimal product.



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## Compelling Benefits

St John's Wort 1.8g contains the active component hypericins, plus flavonoids, phenolics and other compounds. For best results, it is standardized to 900 mcg of hypericins and 18 mg of flavonoid glycosides per tablet.

The natural mood-lifting ingredients in this exceptionally effective blend work synergistically to:

- Help maintain healthy emotional balance
- Support the body's natural ability to stabilize mood
- Support healthy emotional and nervous system response following stress, prolonged exercise or during menstruation
- Support the body's natural ability to cope with the changes of everyday life
- Provide a tonic for the nervous system
- Ease the effects of occasional stress
- Promote optimal immune response in relation to environmental stresses\*

Talk to your health care professional about St John's Wort 1.8g. They can advise whether it's the right nervous system support for you. They will also be able to inform you of any cautions to be aware of when taking this product.\*

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

You Can Rely on St John's Wort 1.8g