

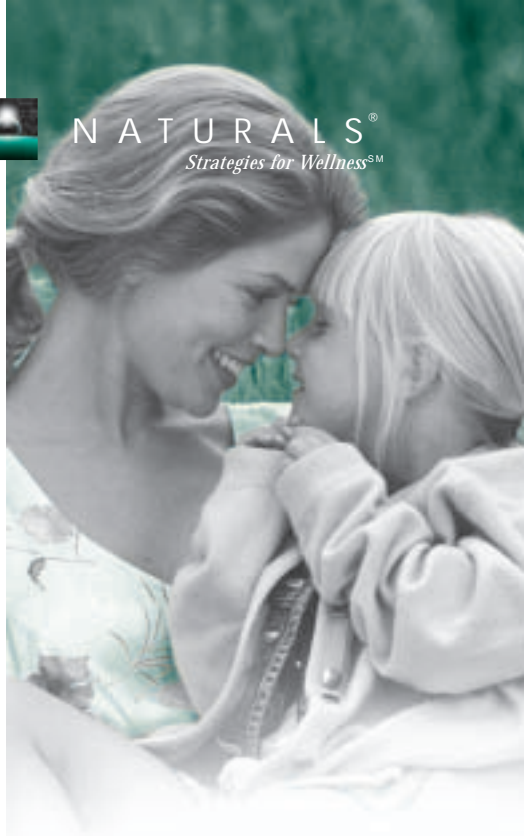
SOURCE



NATURALS®
*Strategies for Wellness*SM

ST. JOHN'S WORT

For a Positive Outlook!



In our high-powered, stress-filled world, countless Americans are searching for a wholesome, natural product that can help them maintain a positive outlook and sense of well-being.

Now, exciting news is reaching an eager public about the benefits of St. John's Wort, a remarkable botanical. St. John's Wort is far from new - it has an impressive history of use in traditional cultures. But its use in supporting a positive mental outlook is gaining newfound acceptance.

And today, science has given us the tools to offer
a

St. John's Wort product that is standardized to contain an optimal amount of its key constituent, hypericin.



Visit our web site at: www.sourcenaturals.com

A Popular Choice in Germany

The use of St. John's Wort, or *Hypericum perforatum*, has become especially widespread in Germany, where consumers have turned to this exceptional botanical in large numbers. In 1994 alone, almost 66 million daily doses of standardized St. John's Wort extract (hypericum) were dispensed in Germany. Among the reported benefits of St. John's Wort are mood-brightening, relaxation, alertness, and a sense of overall well-being.

In addition to support for the nervous system, St. John's Wort is believed to support the body's natural defenses.

The Beneficial Constituents

The specific beneficial constituents of the St. John's Wort plant are believed to be the *naphthodianthrones*, especially *hypericin* and *pseudohypericin*, and a wide variety of flavonoids.

Source Naturals ST. JOHN'S WORT is standardized to consistently yield 0.3% hypericin. Three tablets, the suggested usage, contain 900 mg of St. John's Wort extract, yielding 2.7 mg hypericin. This is the optimal amount found in most studies to support a positive outlook and overall sense of well-being. For best results, Source Naturals ST. JOHN'S WORT should be taken for at least 4-6 weeks.

Traditional Uses of St. John's Wort

St. John's Wort, a stalky perennial with golden yellow flowers, is native to Europe but now found throughout North America. Its petals are peppered with translucent black dots, which will turn your fingers red if you rub them; it is this red pigment that is believed to contain most of the beneficial constituents. St. John's Wort is named for its deep red pigment, which was believed to represent the blood of John the Baptist.

St. John's Wort, or *Hypericum perforatum*, has been valued by diverse cultures as far back as the Middle Ages for its ability to support a positive outlook and a sense of well-being. Now modern consumers are experiencing the same benefits from this renowned herb.

Source Naturals ST. JOHN'S WORT is available in 60, 120 and 240-tablet bottles.

References

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