

St. John's Wort Extract

Code: FE0776 – 60 vegetable capsules



St. John's Wort is a food supplement based on a high quality and potent extract of St. John's wort (*Hypericum perforatum* L.) is a well-known and traditionally used plant. Each **capsule contains 450 mg** of a **concentrated extract (8:1)**.

HEALTH CLAIMS (EU Regulation 432/2012): *St. John's wort supports emotional balance by contributing to normal mood, relaxation and general well-being.*

Ingredients: extract of aerial part of St John's Wort (*Hypericum perforatum*), anticaking agent (magnesium salts of fatty acids), vegetable capsule (glazing agent: hydroxypropylmethylcellulose; humectant: purified water).

Nutritional information:

St. John's Wort 8:1 extract

1 capsule (550 mg)

450 mg mg

Size and format:

60 vegetable capsules

Recommended daily dose:

1 to 3 capsules daily.

Do not exceed the stated recommended daily dose.

Indications and uses:

- Mood imbalances with loss of interest, tiredness and sleep disturbance, anxiety and nervous fatigue.
- Anti-inflammatory (rheumatism, gout, etc.)
- Anti-spasmodic in case of certain gastrointestinal disorders (diarrhoea, irritable bowel syndrome)
- Varicose veins, capillary fragility, haemorrhoids.
- Asthma.
- Antioxidant

Caution:

Avoid prolonged exposure to sunlight or UV light, or use appropriate sun protection. Consult a health-care professional prior to use if you are pregnant or breastfeeding; or if or if you are treated with medication (antianxiety medications, seizure medications, antihistamines, bronchodilators, muscle relaxants, and/or opiates). Do not use this product if you are treated with medication (anticancer medications, blood thinners, antidepressant medications, immunosuppressants or contraceptive medications).

St. John's wort or hypericum (*Hypericum perforatum* L.) is one of the most reputed medicinal plants. It has traditionally been used to alleviate nervous system disorders such as mild or moderate depressive states, anxiety, nervous fatigue or irritability, as a remedy in cases of bruises and burns, for its antibacterial and antiviral activity and its effects on the digestive system, as an antispasmodic showing benefits in gastritis and intestinal spasms, and in haemorrhoids, varicose veins and capillary fragility due to its vitamin P activity.

The antidepressant effect has been attributed mainly to hypericin, which explains why extracts are standardised according to their hypericin content. However, other plant actives such as hyperforin also contribute to St John's wort's main effect.

INGREDIENTS

ST JOHN'S WORT OR HYPERICUM: is one of the medicinal herbs with the longest tradition and in recent years interest in it has been growing due to the numerous studies carried out to demonstrate its efficacy in its most common use: depression. Known since Greek and Roman times, its name derives from the Greek "hyperikon" (over images, above an apparition), a term related to its tradition as it was used to ward off evil spirits, and even in the Middle Ages, the plant was hung from the roof of houses to prevent lightning and fires – although to maintain this property it had to be harvested in the early hours of St. John's Day (summer solstice). Apart from these "magical virtues", hypericum has been popularly

used as an anti-inflammatory and healing agent in cases of bruises and burns, actions already described by Galen and Paracelsus, the latter also highlighting its use as an abortifacient due to its uterotonic effect ⁽¹⁾.

With regard to the chemical composition of the plant, different groups can be distinguished, although the main components are naphthodianthrones, a group to which hypericin belongs; flavonoids (quercetin derivatives, luteolin, myricetin...), bioflavonoids, xanthenes, derivatives of phloroglucinol (hyperforin), essential oil, phenolic acids (caffeic acid, chlorogenic acid...), phytosterols and coumarins ⁽²⁾. Studies reveal that not only hypericins are involved in the antidepressant effects, but that hyperforin and possibly flavonoids may contribute to the plant's antidepressant action ⁽³⁾.

There are currently many studies that confirm the effectiveness of the plant in the treatment of mild and moderate depression, being more effective than placebo, and of similar efficacy to conventional antidepressants without the side effects associated with this type of drug, making it a valuable alternative. Meta-analyses have been conducted, one of them published in 1996, of 23 clinical trials involving 1,757 patients with mild or moderate depression, which concluded that hypericum extract has superior efficacy to placebo and equal efficacy to other antidepressants, with a lower frequency of adverse effects (19.8% vs. 52.8%) ⁽⁴⁾. Another meta-analysis (2008) with similar results included 29 studies conducted between 1995 and 2006 and involved 5,489 patients with major depression. Hypericum was compared with placebo or with common antidepressants such as fluoxetine, sertraline, imipramine, citalopram, paroxetine and amitriptyline. Another more recent meta-analysis confirmed the efficacy of hypericum in mild to moderate depression ⁽⁶⁾. Studies have also been conducted in paediatric patients with encouraging results ⁽⁷⁻⁹⁾.

The mechanism of action by which it exerts this antidepressant effect would involve several neurotransmitters and hormones. Hypericin and other compounds are known to inhibit monoamine oxidase (MAO), an enzyme involved in the metabolism of certain neurotransmitters implicated in depression. In addition, it also exerts an inhibitory action on the reuptake of serotonin, noradrenaline and dopamine ^(10,11).

Although the main interest is currently focused on its antidepressant properties, hypericum also possesses antibacterial and antiviral activity by inhibiting the growth of *Escherichia coli*, *Proteus vulgaris* and various species of the genus *Streptococcus*. This would explain why it has been used in certain urinary tract infections. The herb has also been shown to be active against certain viruses (influenza virus A2, herpes simplex type 2, poliovirus II, among others) and against *Candida albicans* ^(12,13).

Its efficacy as an antineoplastic agent has also been studied. A cytotoxic effect on tumour cells after photosensitisation has been observed. The literature also indicates its use in certain digestive disorders (gastritis, gastric and duodenal ulcers, irritable bowel syndrome), blood vessel disorders (varicose veins, capillary fragility, haemorrhoids) and in asthma due to its antispasmodic activity. Finally, its antioxidant activity is linked to cognitive health and memory ⁽¹⁴⁾.

References:

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