

St. John's Wort 300 mg Capsules



Product Summary:

It is truly amazing that nature's antidepressant, St. John's Wort, is simply a common ground covering plant. Furthermore, unlike other antidepressants, it has a very low incidence of troublesome side effects. As a plant, many different chemicals are present, providing a variable "pharmacy" of constituents that work together to synergize an overall neurotransmitter rebalancing, which is the general pharmaceutical approach to treating depression. Studies show that people taking St. John's Wort experience natural mood elevation and reduced feelings of sadness or hopelessness and often experience a better sleep pattern.

Properties/Uses:

The claim as approved by *Natural Health Product Directorate* (NHPD): Traditionally used as a sedative for the relief of restlessness or nervousness and to help treat symptoms of sleep disorders.



NERVOUS



Pharmacology:

St. John's Wort has been shown to help people improve mood, sleeplessness and ease anxiety and nervous tension. It may also be helpful with attention deficit-hyperactivity disorder (ADHD), obsessive-compulsive disorder (OCD), and seasonal affective disorder (SAD). Studies have also shown improvement in mild to moderate depression.¹ There are virtually no adverse side effects associated with St John's Wort, unlike the pharmaceutical anti-depressant drugs. While St John's Wort is a thoroughly researched herbal remedy with an excellent track record, we recommend that people diagnosed with clinical depression use it under the supervision of their qualified health professional.

St. John's wort is believed to work by inhibiting the reuptake of the neurotransmitters: serotonin, norepinephrine, and dopamine. It may also affect other neurochemicals such as glutamate and gamma-aminobutyric acid (GABA).¹

In one study, St. John's Wort was effective in 81.8% of patients evaluated for clinical mild to moderate depression, compared to 62.5% treated with Imipramine.² The overall accomplishment of St John's Wort for mild to moderate clinical depression is considered to be comparable to standard drug therapy with a considerably reduced report of adverse side effects. In general, it produces improvements in mood with a sense of well-being, and clinical improvement in feelings of sadness, hopelessness, helplessness, worthlessness, sleep initiation, and psychological anxiety, with headaches and fatigue occurring significantly less frequently. St. John's Wort may provide relief for those who suffer seasonal-related depression, and might address PMS-related depression.³ In a study in older volunteers, the proportion of REM sleep in the total sleep period was within the normal range of 20%, and after several weeks of treatment, St John's Wort at 300mg TID had no effect on sleep latency or the amount of REM sleep.⁴





Manufactured product information:

Manufacturer:

WN Pharmaceuticals® Ltd.

Size/UPC:

90's 7 77747 10259 4

NPN:

80000164

Expiry Date:

36 months from date of manufacture

Active Ingredient :

Each capsule contains :

St. John's Wort Extract* (*Hypericum perforatum*) (aerial parts)300 mg

*Standardized to contain 0.3% hypericin

Non-Medicinal Ingredients (in descending order):

Rice starch, gelatin capsule (gelatin, purified water), magnesium stearate, silica

Appearance:

Brown powder in a hard gelatin capsule.

Packaging:

175 cc white round bottle with safety seal under a 38 mm white induction sealed cap with vented interior seal and a label applied to the bottle. Lot number and expiry date are printed on label applied to exterior of bottle.

Storage:

Store in tightly sealed containers in a cool, dry place.





Dose:

St. John's wort extracts seem to be safe when used for up to 8 weeks.¹ Some evidence also suggests that St. John's wort can be safely used for up to a year.¹

Directions:

(Adults): 1 capsule 3 times daily preferably with meals or as recommended by a physician. Consult a physician for use beyond 18 weeks. Use for a minimum of 1 week to see beneficial effects.

Caution:

The caution as approved by *Natural Health Product Directorate* (NHPD): KEEP OUT OF THE REACH OF CHILDREN. Consult a physician prior to use if you are pregnant or breastfeeding or if you are taking anti-anxiety medications, seizure medications, antihistamines, bronchodilators, muscle relaxants and/ or opiates. Avoid prolonged exposure to sunlight, ultraviolet light or UV therapy. Consult a physician if symptoms persist or worsen. Do not use if you are taking anti-cancer medications, blood thinners, antidepressant medications (e.g., selective serotonin reuptake inhibitors (SSRI)), anti-HIV agents, cardiovascular medications, immunosuppressants, and/ or contraceptive medications. Hypersensitivity, such as an allergy, has been known to occur, in which case discontinue use. Some people may experience mild gastrointestinal disturbances, nausea, restlessness and/or headaches. STORE AT ROOM TEMPERATURE IN A DARK, DRY PLACE. DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

Deficiency Symptoms:

N/A

Drug Interactions/Contraindications

Discontinue use of St. John's wort at least 2 weeks before elective surgical procedures.¹

St. John's wort can decrease PT/INR test results in patients treated with warfarin (Coumadin).¹

St John's Wort may have the ability in the susceptible to induce serotonin syndrome, a condition consisting of extreme anxiety, confusion, nausea, hypertension, and tachycardia.⁵

St John's Wort may in some depressed people precipitate hypomania, mania, or an increased cycling of mood states, particularly people with occult bipolar disorder.⁶



Patients with uncontrolled high blood pressure, angina, or heart failure, should discuss with their physician the potential risk of a tyramine interaction with St John's Wort since it is thought to be a weak MAO inhibitor. Use caution with prescription drugs that are contraindicated with synthetic pharmaceutical MAO inhibitors, including L-dopa, 5-hydroxytryptophane, amphetamines, and over-the-counter cold and decongestion medication containing pseudoephedrine.

Interactions In General: Since St John's Wort first gained public awareness, numerous herb drug interactions have been observed or suspected, frequently including cytochrome P450 interactions. The reader is referred to the Natural Medicines Comprehensive Database for interaction details and references.^{1,7}

Toxicity/Adverse Reactions:

Orally, St. John's wort is usually well tolerated.¹ Some people may experience mild gastrointestinal disturbances, nausea, restlessness and/or headaches. Hypersensitivity, such as an allergy, has been known to occur; in which case, discontinue use.¹

Side effects with St John's Wort are low in research literature and its extensive use in Germany has not resulted in published reports about serious drug interactions or toxicity after overdose.⁹

The stressful sexual dysfunctions so frequently associated with all synthetic pharmaceutical antidepressants are much less frequently reported with St John's Wort.¹⁰

At the recommended daily amount of St. John's Wort, a blanket fear of a dietary tyramine interaction seems unwarranted. Interestingly, the long and widespread use in Germany and Europe of St John's Wort, where tyramine foods abound, has not given rise to a notable practical problem of tyramine interaction.⁹





Allergen Content/Ingredient Sensitivity:

NO	YES
Artificial Colors	Corn Products
Artificial Flavors	Starch/Modified Starch
Artificial Sweeteners	Sulphites (<10 ppm)
Egg Products	
Fish	
Gluten	
Hydrolyzed Plant Protein	
Lecithin	
Milk Products	
Peanuts	
Preservatives	
Sesame Products	
Shellfish	
Soy Products	
Tartrazine	
Tree Nuts	
Wheat Products	
Yeast	

NOT ACCEPTABLE FOR THE FOLLOWING DIETARY RESTRICTIONS:

Free of animal products

Kosher





References:

1. Natural Medicine Comprehensive Database, St. John's Wort Monograph, Accessed July 30, 2010 [Available from: <http://www.naturaldatabase.com/>]
2. Vorbach E-U et al. Effectiveness and tolerance of the Hypericum extract LI-160 in comparison with Imipramine: Randomized double-blind study with 135 patients. *J Ger Psych Neurol*, 1994; 7(suppl 1): s19-s23.
3. Martinez S et al. Hypericum in the treatment of Seasonal Affective Disorder. *J Ger Psych Neurol*, 1994; 7(suppl 1): s29-s33.
4. Schulz H et al. "Effects of Hypericum extract on the Sleep EEG in older volunteers. *J Ger Psych Neurol*, 1994; 7(suppl 1): s39-s43.
5. Parker V et al. Adverse reactions to St John's Wort. *Can J Psychiatry*, 2001; 46:77-79.
6. Nieren AA et al. Mania associated with St John's Wort. *Biol Psychiatry*, 1999 Dec 15; 46(12):1707-1708.
7. Jellin JM et al. Pharmacist's Letter/Prescriber's Letter Natural Medicines Comprehensive Database, 6th ed., Stockton, CA: Therapeutic Research Faculty, 2004.
8. Health Canada, St. John's Wort Monograph, Accessed July 30, 2010 [Available from: <http://www.hc-sc.gc.ca>]
9. DeSmet Peter AGM et al. St John's Wort as an antidepressant. *Brit Med J*, 1996;313: 241-242.
10. Hypericum Depression Trial Study Group. Effect of Hypericum perforatum (St John's Wort) in major depression disorder: a randomized controlled trial. *J Amer Med Assoc*, 2002; 287:1807-1814.

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