

VITANICA® ~ ST. JOHN'S WORT



One of the most researched herbs in support of a positive mood, our St. John's wort capsules contain both the studied, standardized extract as well as the whole flower tops.

Featured Ingredients:

- **St. John's wort** boasts positive research support in dozens of placebo controlled trials, studying its support towards a positive mood
- The most common researched dose is what we honor in each one of our capsules: 300 mg of SJW extract, standardized to 0.3% hypericin; we also included the time-honored preparation of the whole flowering tops, adding synergy to this blend of science and tradition
- Research also indicates SJW is overall supportive for women during their premenstrual time, as well as during menopause
- SJW also indicates through research, its immune supportive activity

Indications: Promotes and supports overall positive mood, and may be particularly useful for women in their menstrual cycles as well as during menopause.

Suggested Use: 1 capsule, up to three times daily.

Size ~ 90 caps; UPC code ~ 7-08118-01080-4

Contact ~ 800.572.4712; email ~ info@vitanica.com

Supplement Facts

Serving Size 1 Capsule
90 Servings per Container

Amount per Serving	% Daily Value
St. John's wort (Hypericum perforatum) aerial extract (0.3% hypericin)	300mg †
St. John's wort (Hypericum perforatum) herb	100mg †

† Daily Value not established

Other ingredients: Vegan capsule (hydroxypropyl methylcellulose, water), L-leucine.