



Name St John's Wort

Caps

Code	Size	Duration
C54-54	54 Capsules	Usually lasts 18 days
C54-100	100 Capsules	Usually lasts 33 days

Area concerned

Nerves, feelings of well-being.

Ingredients

St John's Wort 325mg minimum per capsule.

Description

St John's Wort is especially well known in Germany where it has been widely used by doctors for decades, putting it among the top five best selling health products, even when including drug products. It is a very popular herb - and rightly so. Many people find it beneficial.

Standard use

1 capsule, 3 times a day, taken with food or a drink. If desired, up to twice this amount can safely be taken.

How long to take it for

Take daily for a course of 3-4 months. Thereafter, take for 2-3 months if and when it is felt to be desirable. *St John's Wort Capsules* can safely be taken every day, if you take note of the cautions.

Cautions

Do not take alongside any drugs, particularly antidepressants. Use with caution during pregnancy. Avoid sunbeds and strong sunlight while taking the herb.

Companion Products

90-day Nerve Programme; Nve Capsules or Tea; Nve-Restor Drops; Valerian & Passiflora Drops; Valerian Compound Capsules.

Drops

Code	Size	Duration
D25-50	50ml	Usually lasts 28 days
D25-100	100ml	Usually lasts 55 days

Area concerned

Nerves, feelings of well-being

Ingredients

St John's Wort fluid extract only

Description

St John's Wort is especially well known in Germany where it has been widely used by doctors for decades, putting it among the top five best selling health products, even when including drug products. It is a very popular herb - and rightly so. Many people find it beneficial.

Standard use

12-15 drops 3 times a day in a little water or juice. If desired, up to twice this amount can safely be taken.

How long to take it for

Take daily for a course of 3-4 months. Thereafter, take for 2-3 months if and when it is felt to be desirable. There are no known reasons not to take *St John's Wort* every day if you wish to, as long as you take note of the cautions.

Cautions

Do not take alongside drugs, particularly antidepressants. Use with caution during pregnancy. Avoid sunbeds and strong sunlight while taking the herb.

Companion Products

90-day Nerve Programme; Nve Capsules or Tea; Nve-Restor Drops; Valerian & Passiflora Drops; Valerian Compound Capsules.

Caps

Drops