



— Your Trusted Source —

# Hypericum 0.3

Introduced 1998



## What Is It?

Hypericum 0.3 is a herbal extract of St. John's wort providing support for emotional well-being.\*

## Uses For Hypericum 0.3

**Healthy Mood:** Hypericum 0.3 is a standardized extract of St. John's wort containing 0.3% hypericin, a natural compound which nutritionally supports emotional health. Many researchers believe that hypericum maintains healthy mood and emotional health by promoting serotonin and monoamine metabolism as well as GABA receptor function.\*

## What Is The Source?

Hypericum extract (St. John's wort) is derived from *Hypericum perforatum* flower and standardized to contain 0.3% hypericin. Ascorbyl palmitate is derived from corn dextrose fermentation and palm oil.

## Recommendations

Pure Encapsulations recommends 2 capsules daily, in divided doses, between meals, or as directed by a health professional.

## Are There Any Potential Side Effects Or Precautions?

Not to be taken by pregnant or lactating women. Side effects can include insomnia, vivid dreams, restlessness, anxiety, agitation, irritability, gastrointestinal (GI) discomfort, diarrhea, fatigue, dry mouth, dizziness, headache, skin rash or hypoglycemia. However, in clinical trials the incidence of side effects is similar to placebo. Hypericum extract may increase photosensitivity. Some physicians recommend that individuals avoid exposure to strong, direct sunlight when using St. John's wort. It has also been associated with intermenstrual or abnormal menstrual bleeding. Consult your physician for more information.

## Are There Any Potential Drug Interactions?

Do not use concurrently with SSRI medications or MAO inhibitors. Research indicates that Hypericum extract can alter the absorption and metabolism of medications, altering the effects of these medications and possibly the dose needed for treatment. It is contra-indicated with many medications, including blood thinning medications. Until more is known, persons taking Indinavir or other antiretroviral drugs for HIV infection should avoid using St. John's wort. Hypericum extract may also decrease the effectiveness of oral contraceptive medications. Consult your physician for more information

## Hypericum 0.3

each vegetarian capsule contains  V 0

|                                                                    |        |
|--------------------------------------------------------------------|--------|
| St. John's wort (hypericum perforatum) extract (aerial parts)..... | 600 mg |
| (standardized to contain 0.3% hypericin)                           |        |
| ascorbyl palmitate (fat-soluble vitamin C) .....                   | 6 mg   |
| other ingredients: vegetarian capsule (cellulose, water)           |        |

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\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.