

# Timed-Release St. John's Wort



Once Daily  
The Next Generation  
in Mood Support!

In our high-powered world, countless Americans are searching for a wholesome, natural product to help them maintain a positive outlook and sense of well-being. The remarkable botanical, St. John's wort, is well-known for its established history of safe use.

Now Source Naturals offers you the first and only once-daily, TIMED-RELEASE ST. JOHN'S WORT. This premium botanical is manufactured in a special cellulose base, which is tested to release St. John's wort over a 12-hour period.

Source Naturals tests each production lot of TIMED-RELEASE ST. JOHN'S WORT. This exclusive supplement is standardized to 0.3% hypericin, yielding 2.7 mg in every convenient daily dose—the amount shown in research to support mild to moderate maintenance of a positive mood.

At a time when our emotional well-being is challenged by unprecedented stress levels, research into the most convenient and effective natural remedies is critical. Source Naturals is your connection to this research, dedicated to quickly bringing you the benefits of the latest emerging wellness strategies.



Strategies for Wellness<sup>SM</sup>

## Popular Choice For a Positive Mood—Now Even Better!

St. John's wort, or *Hypericum perforatum*, has been valued by diverse cultures as far back as the Middle Ages for its ability to support a positive outlook and sense of well-being. Today modern consumers are experiencing the benefits of this renowned herb, which include mood-brightening, relaxation, alertness, and a sense of overall well-being.

Unlike other supplements on the market, Source Naturals TIMED-RELEASE ST. JOHN'S WORT is produced using the most advanced scientific methods. The result is a supplement that offers the once-daily convenience today's consumers have come to expect.

### Clinical Trials

A review of 23 randomized clinical trials encompassing 1757 subjects was reported in the *British Medical Journal*. It showed that St. John's wort was more effective than placebo for mild to moderate maintenance of a positive mental outlook.

### The Beneficial Constituents

The beneficial constituents of the St. John's Wort plant are believed to be the naphthodianthrone, especially hypericin and pseudo-hypericin, and a wide variety of flavonoids.

Source Naturals TIMED-RELEASE ST. JOHN'S WORT is standardized to consistently yield 0.3% hypericin. Each convenient once-daily dose contains 900 mg of St. John's Wort extract, yielding 2.7 mg hypericin. This is the

optimal amount found in most studies to support a positive outlook and sense of well-being. Benefits may be experienced within 4 to 6 weeks of initial use.

### Emotional Well-Being: Important Component of the Wellness Revolution

Source Naturals is pleased to join with your local health food store in offering you the next generation in St. John's wort supplementation. TIMED RELEASE ST. JOHN'S WORT can help you support a positive mood with the remarkable properties of the plant world, exclusively formulated for once-daily convenience. This advanced product reflects today's revolution in natural health care, offering you the benefits of natural, cutting-edge supplementation.

### References

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Woelk H., Comparison of St. John's wort and imipramine for treating depression: randomized controlled trial., *British Medical Journal*, 2000, Sep 2; 321(7260):536-9.



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The above information has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.