Wake Forest™ Baptist Health

Brenner Children's Hospital & Health Services

Center for Integrative Medicine

Dietary Supplements: St. John's Wort

St. John's wort is an herbal product widely used to promote healthy mood. It is not an essential dietary element like vitamins or minerals.

Studies on its effectiveness have had mixed results. This may be partly due to the variability in products tested. There is lot of variability in St. John's wort products. There are two good ways to tell if you are getting a decent product. The first is to use products that proved effective in clinical trials; these are mostly European and may be difficult to get in stores, but available via internet. The second is to use products that have met quality tests by ConsumerLabs (www.consumerlab.com).

Check with your doctor about doses, duration of use and to check for potential side effects or interactions. St. John's wort can decrease the effectiveness of many other medications, including birth control pills, heart medicines, chemotherapy, AIDS, cholesterol and blood thinning drugs. It can also increase sensitivity to the sun, leading to sunburns with very little sun exposure. It should NOT be taken when patients are taking SSRI medications.

The doses used in most positive studies ranged from 300 – 900 milligrams daily of a product standardized to contain 0.3% hypericin.
See **patient information** from the US **National Library of Medicine**:
http://www.nlm.nih.gov/medlineplus/druginfo/natural/patient-stjohnswort.html

Products With Positive Results in Clinical Studies	**Brand Name (Manufacturer**
LI 160 and LI 160S	Quanterra Emotional Balance ® (Warner-Lambert) ; Kira® (Lichtwer Pharma US/Germany)
WS 5570 and WS 5572	Neuroplant® (Schwabe Pharmaceuticals) Perika® (Schwabe Pharmaceuticals, imported by Nature's Way Products, Inc)
Ze 117	Remotiv® (Bayer Vital GmbH and Zeller AG)

***Selected* Products Approved by ConsumerLabs in February, 2007**

Doctor's Trust Vitamins St. John's Wort Extract	Doctor's Trust Vitamins
Gaia Herbs St. John's Wort Extra Strength	Gaia Herbs
Kira (see above LI 160)	Lichtwer
Nature's Bounty Standardized St. John's Wort	Nature's Bounty, Inc.
Sundown Standardized Extract St. John's Wort	Sundown
21st Century St. John's Wort	21st Century Health care

www.wakehealth.edu/CIM - See Quick Link to Dietary Supplements