



NATURE'S SUNSHINE

St. John's Wort (Concentrated Time Release)

GOOD FOR

Nervous System

Brain

SIZE **60 tablets**ITEM # **653**SERVING **1**SUPPLY **30 days**

DIRECTIONS FOR USE Take 1 tablet in the morning and 1 in the evening with water for all-day, all-night support.

— How the Key Ingredients Work

This concentrated, time-release formula delivers St. John's Wort steadily throughout the day so your body can make the most of every dose. It's crafted to gently support emotional balance, a calm nervous system, and a brighter overall outlook.

St. John's Wort — Mood & Emotional Balance — St. John's Wort has long been one of nature's most recognized herbs for emotional well-being. Research shows it works on several of the brain's feel-good messenger systems at once, helping to support a more balanced, stable mood day after day — especially during times when life feels heavier than usual.

St. John's Wort — Neurotransmitter Support — One of the ways St. John's Wort earns its reputation is by influencing multiple brain messenger pathways — including those tied to serotonin, dopamine, and norepinephrine. Supporting these systems helps the brain maintain the kind of chemical balance that underlies a positive, even-keeled emotional state.

St. John's Wort — Seasonal Mood Support — Many people notice their mood dipping during darker, shorter days. St. John's Wort has been widely used to help the body and mind stay resilient through seasonal shifts, offering gentle, consistent support so that changes in light and weather feel a little less heavy on your spirit.

St. John's Wort — Anxiety Relief — Systematic reviews of St. John's Wort research show that roughly half of studies report positive results for anxiety symptoms. Its active compounds appear to work on calming pathways in the brain, making it a popular choice for people who feel on edge, worried, or mentally restless on a regular basis.

St. John's Wort — Calm & Relaxation — Beyond mood, St. John's Wort influences brain pathways linked to calm and relaxation — including GABA-related activity. Clinical trials and a meta-analysis support its ability to ease anxious feelings, particularly when those feelings show up alongside low or flat mood, helping you feel more settled and at ease.

St. John's Wort — Stress Resilience — Everyday stress takes a real toll on the nervous system over time. St. John's Wort has been studied for its ability to help the body handle stress more gracefully, supporting the kind of emotional resilience that keeps you from feeling overwhelmed when life throws its inevitable curveballs your way.

St. John's Wort — Antioxidant Defense for the Brain — St. John's Wort contains flavonoids, hypericin, and hyperforin — natural compounds with recognized antioxidant properties. Preclinical studies show it can help restore the body's own antioxidant defenses and reduce oxidative stress, which is especially meaningful for protecting the brain and nervous system over the long term.

St. John's Wort — Neuroprotective Properties — NCBI Bookshelf recognizes St. John's Wort for its neuroprotective qualities. By helping to reduce oxidative damage in nerve tissue and supporting healthy brain chemistry, this herb works as a quiet guardian for your nervous system — not just lifting mood, but helping keep the brain environment healthy.

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