



NATURE'S SUNSHINE

# St. John's Wort (Concentrated)

GOOD FOR

Nervous System

Brain

SIZE **100 Capsules**

ITEM # **655**

SERVING **1**

SUPPLY **33 days**

DIRECTIONS FOR USE Take 1 capsule with a meal three times daily.

## — How the Key Ingredients Work

This concentrated formula brings together two time-honored herbs — St. John's Wort and Passionflower — each chosen for the way they gently support emotional balance, a calm nervous system, and everyday resilience. Together they work on several of the body's key mood and relaxation pathways at once.

**St. John's Wort (Concentrated)** — One of the most studied herbs for emotional wellness, St. John's Wort has been used for centuries to help lift low moods and support a brighter outlook. This concentrated form means you get more of the plant's naturally occurring active compounds — including hypericin and hyperforin — in every serving.

**St. John's Wort — Mood & Emotional Balance** — Research shows St. John's Wort works by helping the brain hold onto feel-good messengers like serotonin and dopamine a little longer. Multiple clinical studies support its use for mild-to-moderate low mood, making it one of the best-researched herbal options for everyday emotional support.

**St. John's Wort — Calm & Relaxation** — Beyond mood, St. John's Wort also touches the body's calming pathways, including those linked to GABA — the nervous system's natural 'settle down' signal. Clinical trials and a meta-analysis support its ability to ease anxious feelings, especially when low mood and tension tend to show up together.

**St. John's Wort — Anxiety Support** — About half of the studies reviewed in systematic research report positive results for anxiety symptoms with St. John's Wort. Its active compounds appear to help quiet the nervous system's stress response, offering a gentler alternative for people looking to take the edge off everyday worry.

**St. John's Wort — Antioxidant Defense** — The flavonoids and other natural compounds in St. John's Wort have well-documented antioxidant properties. Preclinical studies show the herb can help protect cells from stress-related damage, restore the body's own antioxidant reserves, and support healthy brain cell function over time.

**St. John's Wort — Healthy Inflammation Response** — Key compounds in St. John's Wort have been shown in research to help the body manage its normal inflammation response. Studies suggest these compounds work in ways that parallel some conventional approaches, helping the body keep its inflammatory signals in a healthy, balanced range.

**Passionflower** — Passionflower (*Passiflora incarnata*) is a beautiful climbing vine native to the Americas that has been trusted for generations as a calming herb. Traditional healers and modern researchers alike have turned to it for its ability to ease nervous tension, support restful sleep, and promote a sense of inner quiet.

**Passionflower — Anxiety & GAD Support** — In a landmark clinical trial, passionflower performed as well as a prescription anti-anxiety medication for generalized anxiety, but with fewer side effects on daily functioning. Researchers believe it works partly by gently supporting the brain's GABA system — the same pathway that helps the body naturally wind down.

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