

NeuroSt. Wort (450mg, 60 capsules)

\$29.95

Dr. Daniel Amen, New York Times bestselling author of “Magnificent Mind at Any Age” and “Healing Anxiety and Depression” has developed Neuro St. John’s Wort, a proprietary herbal blend which has been clinically proven to treat depression with minimal side effects. This product offers the same advantages as antidepressants without toxicity to the brain. It contains 0.3% hypericin, the biologically active ingredient which functions to bring a sense of calm and enhance mood.

Background:

St. John’s Wort (*Hypericum perforatum*) is a plant located in the subtropical regions of North America, Europe, Asia, India and China and has been used for centuries in the treatment of mood disorders and depression. The biologically active ingredient in St. John’s Wort is hypericin, which functions to inhibit the reuptake of various neurotransmitters including serotonin, dopamine, GABA and glutamate. The mechanism of action for St. John’s Wort is similar to that found in popular SSRI (selective serotonin reuptake inhibitor) antidepressants including Prozac, Paxil, and Zoloft, as both the drugs and the herb work to maintain elevated levels of serotonin in the synaptic cleft giving a mood enhancing effect. The benefit to taking St. John’s Wort as opposed to commercially available antidepressants is that it has been shown to have a high degree of efficacy (see below) and is well tolerated by the patient. Minor side effects include gastrointestinal distress, loss of mental clarity, dizziness and photosensitivity. St. John’s Wort taken in conjunction with antiretroviral, immunosuppressant and oral contraception medications have been shown to reduce the efficacy of the drugs by stimulating a pathway which enhances the metabolism of the drug, thereby decreasing its effectiveness. Alternatively, when taken in combination with antidepressants, opioids and serotonin agonists, St. John’s Wort functions to further enhance serotonin levels. Therefore, it is important to have a physician monitor the use of this herbal supplement with medications to ensure the treatment is effective for you.

Scientific Studies:

Numerous scientific studies have been performed which validate the efficacy of St. John’s Wort for the treatment of mild to moderate depression (Ref.1-4), with one study including data from 5,489 patients (Ref.3). One of the most extensive longitudinal studies revealed that taking St. John’s Wort daily for over the course of 1 year (n=440 patients, 500mg/day dosage) results in a robust improvement in reducing depression as measured by the Hamilton Rating Scale for Depression (HAM-D), the gold standard for evaluating clinical depression. While prior work has suggested that St. John’s Wort may not be any more effective than placebo for treating depression (Ref.5,6), more recent studies confirm the overwhelming evidence of its safety and efficacy.

The recommended dosages based on the scientific literature are 300mg, 3x per day or 600mg, 1 or 2x per day (Ref.4). Therefore adults may take one Neuro St. John’s Wort tablet 2x per day.

Recommended Use:

For those who struggle with mood issues associated with serotonin

To support calm, positive moods

Servings per container: 60**Proprietary Blend per tablet:**

- Folate† (as folic acid, L-5-methyl tetrahydrofolate††, and 5-formyl tetrahydrofolate) 400mcg
- Vitamin B12 (as cyanocobalamin) 250mcg
- John's Wort Aerial Parts 472mg
(*Hypericum perforatum*) [standardized to 0.3% (1.35 mg) hypericins

† Featuring ActiFolate®, a proprietary blend of active folates

†† As Metafolin® U.S. Patent Nos. 5,997,915; 6,254,904

Warning: Do not use if pregnant or nursing

If taking medication—including blood thinning medications—consult a healthcare practitioner before use.

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

References:

1. Brattstrom A., (2009) Long-term effects of St.John's Wort (*Hypericum perforatum*) treatment: a 1-year safety study in mild to moderate depression, *Phytomedicine* 4:277-83.
2. Kasper S. et al., (2008) Efficacy of St.John's wort extract WS5570 in acute treatment of mild depression: a reanalysis of data from controlled clinical trials. *Eur Arch Psychiatry Clinical Neurosci.* 1:59-63.
3. Linde K., Berner M.M., Kriston L., (2008) St.John's Wort for major depression. *Cochrane Database Systems Review* 4: CD000448.
4. Kasper S., Anghelescu IG., Szegedi A., Dienel A., Kieser M., (2006) Superior efficacy of St.John's wort extract WS5570 compared to placebo in patients with major depression: a randomized, double-blind, placebo-controlled, multi-center trial. *BMC Med.* 23:4-14.

5. Davidson et al., (2002) Effect of *Hypericum perforatum* (St.John's Wort) in Major Depressive Disorder. *JAMA* 287:1807-1814.
6. Shelton R.C. et al., (2001) Effectiveness of St.John's Wort in major depression: a randomized controlled trial. *JAMA* 15:1978-86.