

Title: St. John's wort (*Hypericum perforatum* extract) is effective for treatment of mild to moderate major depression.

Author: Dan Wolbrink

Date: 2/2/10

Key words: St. John's wort, depression, mild-to-moderate depression

Abstract: A clinical trial found that St. John's wort can be used to treat some forms of depression. The evidence holds open the possibility of effective herbal treatments for patients with mild to moderate depression.

This document was created by a medical student enrolled in the Primary Care Clerkship at the University of Minnesota Medical School as part of the course project. The aim of the project is to present information on a medical topic in the format of a patient education handout. It does not necessarily reflect the views of the University of Minnesota Medical School physicians and faculty. These materials are provided for informational purposes only and are in no way intended to take the place of the advice and recommendations of your personal health care provider. The information provided may no longer be up to date since it has not been reviewed since the date of creation. The information provided should not be used to diagnose a health problem or

disease, or as a means of determining treatment. In the event of a medical emergency, immediately contact a doctor or call 911.

# St. John's wort and Treatment of Depression



## ST. JOHNS WORT

*St. John's wort extract has been used as a treatment for depression dating back at least 2000 years.*

*It is a popular treatment used in Germany and is becoming more popular in the U.S..*



## WHEN TO USE IT?

St. John's wort can be used to treat mild to moderate depression. It should always be used under the supervision of your doctor.

## IS IT SAFE?

St. John's wort can interact with other medications. It should not be taken if you take certain medications for other diseases. It should not be taken longer than 3 months unless under direction by your doctor.

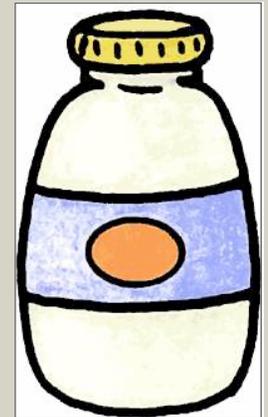
## HOW MUCH SHOULD I TAKE?

A normal dose is 300mg of standardized 0.3% hypericin extract by mouth three times daily

## OTHER SIDE EFFECTS

Common side effects include:

- stomach upset
- skin reactions
- tiredness
- restlessness
- sexual dysfunction
- sensitivity to light
- dizziness
- headache
- dry mouth.



## ADDITIONAL INFORMATION

<http://www.nlm.nih.gov/medlineplus/druginfo/natural/patient-stjohnswort.html>