

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

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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.

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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.

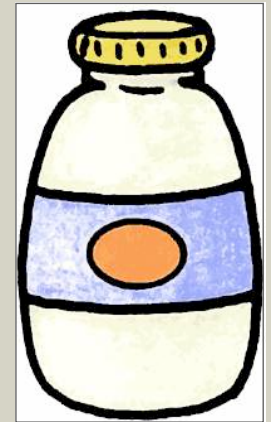
HOW MUCH SHOULD I TAKE?

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>