

# St. John's Wort-IMT™

## Promotes Mental Health and Maintains Emotional Balance

St. John's wort (*Hypericum perforatum*) enjoys a rich and ancient history as a natural tonic to support mood and mental well-being. The ancient Greeks, Hippocrates and Discorides, documented its many health-giving uses. While St. John's wort and other herbs kept a low profile in the late 19th century, the herb and its supportive effect on emotional balance resurfaced when it was recognized and used in Europe for its mood-enhancing properties. Since that time, St. John's wort has been studied in numerous trials in Europe and some in the United States. It is presently being studied in trials sponsored by the National Institutes of Health (NIH). St. John's wort contains many beneficial substances, including hypericin, pseudohypericin, essential oils, glycosides, resins, rutin, flavonoids, and tannins. St. John's wort can cause skin sensitivity to sun for some people, but appears to be quite safe when taken as directed. The inositol and kelp contained in St. John's Wort-IMT complement the herb's natural strength and ability to induce a calming effect and promote harmony among the different parts of the nervous system.†

## How St. John's Wort-IMT Keeps You Healthy

### *Maintains emotional balance*

During the Middle Ages, St. John's wort was hung over doorways and tucked into cracks of walls and foundations to ward off evil spirits. Today, health care practitioners in many parts of the world use St. John's wort to stabilize mood. Inositol, in similar fashion, works to bring about greater emotional tranquility. Kelp, a source of B-complex vitamins, helps support healthy brain tissue and supports the membranes surrounding the brain, spinal cord, and sensory nerves.†

### *Reduces feelings of irritability*

St. John's Wort-IMT contains inositol to boost its ability to increase nervous system response to stimuli. When the nervous system operates at a higher rate of efficiency, anxious feelings and exaggerated responses to life's everyday ups and downs are kept to a minimum, helping to create a more peaceful mental state.†

### *Enhances immune response*

St. John's wort can help support the body's natural resistance mechanisms.†

*Please copy for your patients.*

**GF** This product contains less than 10 parts per million of gluten per serving size or less than 20 parts per million per the suggested use listed on each product label.

†These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



Introduced in 2000

**GF**

#### **Content:**

90 capsules

**Suggested Use:** One tablet per meal, or as directed.

#### **Supplement Facts:**

Serving Size: 1 capsule

Servings per Container: 90

	Amount per Serving	%DV
Calories	4	
Vitamin A (as Beta carotene)	40 IU	<1%
Iodine	30 mcg	20%
St. John's Wort Extract (0.3% Hypericin) (Aerial parts)	300 mg	
Inositol	50 mg	

#### **Proprietary Blend:** 190 mg

Calcium lactate, St. John's wort (leaves and flowers) powder, magnesium citrate, alfalfa (whole plant) powder, and carrot (root) powder.

Other Ingredients: Gelatin, kelp powder, water, calcium stearate, colors, and carrot oil.

**Caution:** *Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. Do not use this product while taking prescription drug(s) without the advice of your prescribing physician. Avoid excessive exposure to UV irradiation (e.g., sunlight, tanning) when using this product.*

**Sold through health care professionals.**

#### **Whole Food Philosophy**

Our founder, Dr. Royal Lee, challenged common scientific beliefs by choosing a holistic approach of providing nutrients through whole foods. His goal was to provide nutrients as they are found in nature—in a whole food state where he believed their natural potency and efficacy would be realized. Dr. Lee believed that when nutrients remain intact and are not split from their natural associated synergists—known and unknown—bioactivity is markedly enhanced over isolated nutrients. Following this philosophy, even a small amount of a whole food concentrate will offer enhanced nutritional support, compared to an isolated or fractionated vitamin. Therefore, one should examine the source of nutrients rather than looking at the quantities of individual nutrients on product labels.



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# St. John's Wort-IMT™

## What Makes St. John's Wort-IMT Unique

### Product Attributes

#### Multiple nutrients from a variety of plant sources

- › Support the healthy, balanced function of the central nervous system
- › Calcium and magnesium help relax the nervous system and promote healthy transmission of nerve impulses†

### Certified Organic Farming

A healthy ecosystem is created by using organic farming techniques, such as rotating crops, fertilizing the soil with nutrient-rich cover crops and byproducts from our processing, practicing strict weed-control standards, and continually monitoring the health of our plants

- › Assures the soil is laden with minerals and nutrients
- › Ensures plants are nutritionally complete and free from synthetic pesticides

### Manufacturing and Quality-Control Processes

Upon harvesting, nutrient-rich plants are immediately washed and promptly processed

- › Preserves nutritional integrity

### Low-temperature, high-vacuum drying technique

- › Preserves the enzymatic vitality and nutritional potential of ingredients

### Not disassociated into isolated components

- › The nutrients in St. John's Wort-IMT are processed to remain intact, complete nutritional compounds

Degreed microbiologists and chemists in our on-site laboratories continually conduct bacterial and analytical tests on raw materials, product batches, and finished products

- › Ensures consistent quality and safety

### Vitamin and mineral analyses validate product content and specifications

- › Assures high-quality essential nutrients are delivered

Studies on nutrients generally use large doses and these studies, some of which are cited below, are the basis for much of the information we provide you in this publication about whole food ingredients. See the supplement facts for St. John's Wort-IMT™.

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