

Integrative Balance Psychotherapy & Wellness Coaching - St. John's Wort Info Sheet -

Note: Always research supplements (including potential risks and contraindications) before use. Always discuss supplements with your physician before use.

What is St. John's Wort?

St. John's wort is a flowering plant that grows in Europe, North and South America, Australia, New Zealand, and Eastern Asia. It has been shown to help with mild to moderate depression, as well as seasonal affect disorder. It can be acquired in a variety of formats, including herb, capsule, or tincture. I typically recommend tinctures as an effective form of herbal consumption.

Recommended Dosage:

300-500 mg, 3 times per day.

Indicated For:

Mild to moderate depression, seasonal affect disorder, some digestive disorders (e.g. indigestion, diarrhea, dysentery), nervous complaints associated with menopause, dysmenorrhea, shingles, sciatica, neuritis, fibromyalgia, gout, and herpes.

Warnings and Contraindications:

Potential side effects of St. John's wort include insomnia, restlessness, nervousness, irritability, digestive upset, tiredness, dry mouth, dizziness, headache, skin rash, and skin tingling.

Its use is not recommended during pregnancy or while breast-feeding.

Its use is not recommended for children 12 or under without physician oversight.

St. John's wort may interact with a wide variety of medications. If you are taking medications, consult with a physician before beginning a St. John's wort regimen. It should not be taken with antidepressants.

St. John's wort may be contraindicated for those with Alzheimer's disease, ADHD, bipolar disorder, infertility concerns, and/or schizophrenia. Caution is advised for those with anxiety disorders.

St. John's wort should not be used for at least 2 weeks before a surgery.

St. John's wort may cause photosensitivity—so, sunlight exposure should be monitored.