

Description

EUROMED St. John's wort extract is a standardized herbal extract of *Hypericum perforatum* L. herb, a leafy plant native to all of Europe, west Asia, the Canary Islands and North Africa.

Chemistry

St. John's wort contains several groups of substances, identified and quantified according to modern scientific analytical methods. The naphthodianthrone hypericin and pseudo-hypericin are characteristic substances of pharmacological interest. Other important constituents are flavonoids, hyperforins along with essential oil, carotenoids, and proanthocyanidins.

Indications

Extracts of St. John's wort are used in depressive states and psychovegetative disorders as well as anxiety and/or nervous agitation. It has a mood-enhancing and drive-improving effect as well as relieving both anxiety and tension; the capacity for enjoying life is increased.

It does not cause tiredness or affect responses because it does not interact with other drugs. It is suitable for patients of all age groups as well as for patients with multiple diagnoses.

Contraindications, interactions and side-effects

St. John's wort extract is generally well tolerated. Side-effects are rare when the standardized extract is taken. In exceptional cases gastro-intestinal irritations and photosensitization in fair-skinned people may occur.

It does not have a sedative effect and can be recommended without restrictions for patients who are working and require full concentration for driving and for operating machines. It is not addictive and its effect is not increased by alcohol.

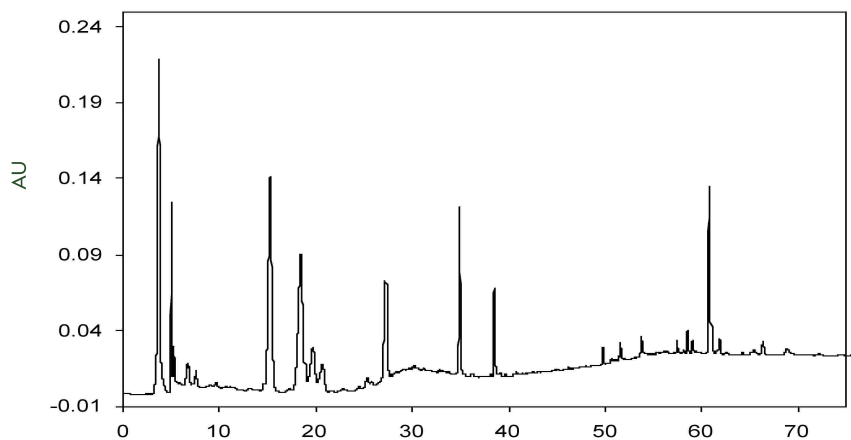
Therapeutic Safety

St. John's wort extract is notable for its particularly high level of clinical safety. To-date acute cases of St. John's wort extract poisoning have not been reported.



EUROMED Analytical Specifications

- Denomination** > ST. JOHN'S WORT DRY EXTRACT
- Used plant drug** > *Hypericum perforatum* L.
- Used plant parts** > Herb with flower
- Aspect** > Powder, greyish brown colour, aromatic odour, slightly bitter taste
- Identification** > TLC
- Loss on Drying** > Max. 5.0%
- Assay** > Total hypericins expressed as hypericin min. 0.3% (DAC-1986, 3rd comp. 1991). Total hypericins expressed as hypericin min. 0.15-0.25% (HPLC). Hyperforin 1.0-4.0% (HPLC). Flavonoids min. 4.0% (HPLC)
- Microbiology** > Acc. Ph. Eur. ed., 5.1.4, cat. 3B



HPLC fingerprint of EUROMED St. John's wort dry extract

Selected References

- > ESCOP: Monograph: Hyperici herba (St. John's wort) European Scientific Cooperative on Phytotherapy. Elburg (1996)
- > Hagers Handbuch der Drogen und Arzneistoffe Springer-Verlag Berlin Heidelberg (2004)
- > Hypericum extract: for the use in depression Ed. by EUROMED
- > www.euromed.es



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