



# St. John's Wort 30 Capsules Nutrabisics Drasanvi

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## Description

St John's wort is a plant traditionally used to maintain positive moods. It is traditionally believed that the plant receives its name from the feast day of St John, the ideal date on which to pick the plant. It is on this day that the plant flowers and the flowers are the part containing the active ingredients.

## Ingredients

St. John's Wort dry extract (*Flowering tops*) (*Hypericum perforatum L.*, Ratio 8:1, 0,3% hypericin) 333 mg, Casing (*Hydroxypropyl Methylcellulose*) , Bulking agent (*Microcrystalline cellulose*) , Bulking agent (*Magnesium salt of fatty acid*) , Anti-caking agent (*Silicon dioxide*)

## Directions

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Take one capsule a day. We recommend taking the capsule at the same time every day.

## Presentation

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Contains 30 capsules, 489 mg each. Total weight: 14,67 g (0.51 oz)

## Warnings

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Food supplement based on plants.

Food supplements should not be used as a substitute for a balanced diet. Do not exceed the expressly recommended daily dose. Keep out of the reach of younger children. Store in a cool, dry place. It should not be consumed by pregnant or breastfeeding women or children.

## Additional Information

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### **The use of dry extract**

We use dry plant extract instead of powdered plant extract in our St John's wort capsules. This allows us to concentrate the product, giving exactly the same results just using less of it. For this product we have chosen St John's wort extract with a ratio of 8:1, which means that we have used 2664 mg of the plant to obtain 333 mg of the extract. "Dry extract" refers to a specific extraction process, during which the active ingredients are retained, while the impurities and other substances that are not needed are removed. The use of plant extracts has a number of advantages over vegetable-based and powdered forms:

1. It is possible to measure the exact amount of active ingredients (standardised extracts)
2. Products based on plant extract are more concentrated than those made from powdered form (a concentrated dose is easy to take)
3. The assimilation of the active ingredients alone is easier than the assimilation of all of the compounds of the plant because impurities and fibres are present in the powder.

### **Standardised extracts**

Another important advantage of our product is the use of standardised extract, i.e. the provision of active plant ingredients remains constant over time. In the case of St John's wort, this extract is hypericin and it provides you with 0.99 mg per daily dose.

### **Concentrated dose, easy to take**

The use of concentrated dry extract and active ingredients allows us to provide the same dose in just one capsule.

### **Vegetable-based capsules**

The capsules we use are vegetable-based, made from hydroxypropyl methylcellulose, and have been certified by the Vegetarian Society. Hydroxypropyl methylcellulose is obtained from the cellulose found in various plant structures.

### **Free from allergens**

We have ensured that our St John's wort capsules have not come into contact with the most common allergens, in particular with gluten.

### **Blister packs**

Our St John's wort capsules come in blister packs: they protect the contents from any knocks as well as from environmental factors, ensuring that the product remains intact for as long as possible. This type of packaging is the best for protection against humidity and microbial contamination.

## Allergen Information

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Allergen-free

# Certifications

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