



Product Information and Traditional & Alternative Uses

St. John's wort, a potent essential oil, and herb used as an alternative remedy for depression and its related symptoms such as; anxiety, tiredness, trouble sleeping, and loss of appetite. This herbaceous perennial plant received the name St. John's wort it blooms around June 24, which happens to coincide with the birthday of John the Baptist. The word "wort" is an old English word for plant.

- 1 ANTIDEPRESSANT
- 2 RELIEVES PMS SYMPTOMS
- 3 MOOD BOOST DURING MENOPAUSE
- 4 LEAKY GUT

Primary Use - Mood Enhancer:

SUPPORT DURING DEPRESSION: 1 drop with six drops of carrier oil. up to 2 times daily

LEAKY GUT: Add two drops each of Loyol ginger, peppermint, and St. John's wort in 8 oz of water use daily or as needed.

IMPROVES MOOD DURING MENOPAUSE: 1 drop with six drops of carrier oil. up to 2 times daily

