

## PRODUIT DE SANTÉ NATUREL

### MILLEPERTUIS – *HYPERICUM PERFORATUM* Orale

La présente monographie vise à servir de guide à l'industrie pour la préparation de demandes de licence de mise en marché (DLMM) et d'étiquettes dans le but d'obtenir une autorisation de mise en marché d'un produit de santé naturel. Elle ne vise pas à être une étude approfondie de l'ingrédient médicinal.

#### Nota

- Les parenthèses contiennent des éléments d'information additionnels ( facultatifs) qui peuvent être inclus dans DLMM ou sur l'étiquette du produit à la discréTION du demandeur.
- La barre oblique (/) indique que les termes et/ou énoncés sont synonymes. Le demandeur peut utiliser n'importe lequel des termes ou énoncés indiqués.

**Date** 27 janvier 2023

#### Nom(s) propre(s), Nom(s) commun(s), Information(s) d'origine

Tableau 1. Nom(s) propre(s), Nom(s) commun(s), Information(s) d'origine

Nom(s) propre(s)	Nom(s) commun(s)	Information(s) d'origine		
		Matière(s) d'origine	Partie(s)	Préparation(s)
<i>Hypericum perforatum</i>	<ul style="list-style-type: none"><li>► Herbe de la St-Jean</li><li>► <i>Hypericum</i></li><li>► Millepertuis</li><li>► Millepertuis commun</li></ul>	<i>Hypericum perforatum</i>	Sommité (herbe)	Sèche

Références: Nom propre: USDA 2018; Noms communs: Anhelescu et al. 2006, Gastpar et al. 2006, Szegedi et al. 2005, Wichtl 2004, Brouillet 2002, Bruneton 1999; Information d'origine: Bradley 2006, Mills et Bone 2005, Hoffmann 2003, Blumenthal et al. 2000, Felter et Lloyd 1983, Wren 1907.

#### Voie d'administration

Orale

#### Forme(s) posologique(s)

Cette monographie exclut les aliments et les formes posologiques semblables aux aliments tel qu'indiqué dans le document de référence Compendium des monographies.

Les formes posologiques acceptables pour la voie d'administration orale sont indiquées dans la liste déroulante dans le formulaire web de demande de licence de mise en marché pour les demandes officinales.

### Usage(s) ou fin(s)

- ▶ Utilisé (traditionnellement) en phytothérapie pour aider à soulager l'agitation et/ou la nervosité (calmant) (Mills et Bone 2005; Hoffmann 2003; Blumenthal et al. 2000; Felter et Lloyd 1983; Grieve 1971).
- ▶ (Utilisé en phytothérapie pour) aide(r) à promouvoir un bon équilibre de l'humeur (Brattström 2009; Anhelescu et al. 2006; Gastpar et al. 2006; Kasper et al. 2006; Fava et al. 2005; Mills et Bone 2005; Szegedi et al. 2005; Uebelhack et al. 2004; ESCOP 2003; Hoffmann 2003; Lecrubier et al. 2002; Volz et al. 2002; Kalb et al. 2001).
- ▶ (Utilisé en phytothérapie pour) aide(r) à soulager les troubles du sommeil qui accompagnent les déséquilibres de l'humeur (Randløv et al. 2006; Wichtl 2004; Friede et al. 2001; Wheatley 1999; Schrader et al. 1998).

L'(Les) usage(s) combiné(s) suivant(s) est/sont aussi acceptable(s):

(Utilisé en phytothérapie pour) aide(r) à promouvoir un bon équilibre de l'humeur et à soulager les troubles du sommeil qui accompagnent les déséquilibres de l'humeur (Brattström 2009; Anhelescu et al. 2006; Gastpar et al. 2006; Kasper et al. 2006; Randløv et al. 2006; Fava et al. 2005; Mills and Bone 2005; Szegedi et al. 2005; Uebelhack et al. 2004; Wichtl 2004; ESCOP 2003; Hoffmann 2003; Lecrubier et al. 2002; Volz et al. 2002; Friede et al. 2001; Kalb et al. 2001; Wheatley 1999; Schrader et al. 1998).

### Nota

Les allégations concernant un usage traditionnel doivent inclure le terme « phytothérapie », « médecine traditionnelle chinoise » ou « Ayurvédâ ».

### Dose(s)

#### Sous-population(s)

Adultes 18 ans et plus

#### Quantité(s)

*Soulagement de l'agitation et/ou de la nervosité*

Méthodes de préparation: Sec, poudre, extraits non-normalisés (extrait sec, teinture, extrait fluide, décoction, infusion)

2 à 12,6 grammes de sommités (herbe) séchées, par jour; Ne pas dépasser 4,2 grammes par dose unique (Anhelescu et al. 2006; Witchtl 2004; ESCOP 2003; Blumenthal et al. 2000).

*Tous les usages sauf l'usage traditionnel pour le soulagement de l'agitation et/ou de la nervosité*

Méthodes de préparation: Extraits normalisés (extrait sec)

600 à 1800 milligrammes d'extrait, par jour, normalisé à 3 à 6% d'hyperforine et/ou 0,12 à 0,28% d'hypericine; Ne pas dépasser 600 milligrammes d'extrait par dose unique (Anhelescu et al. 2006; Gastpar et al. 2006; Kasper et al. 2006; Fava et al. 2005; Szegedi et al. 2005; Uebelhack et al. 2004; Witchtl 2004; ESCOP 2003; Hoffmann 2003; Lecrubier et al. 2002; Volz et al. 2002; Kalb et al. 2001; Blumenthal et al. 2000; BHP 1983).

### Mode(s) d'emploi

Énoncé non requis.

### Durée(s) d'utilisation

- ▶ Utiliser pendant au moins 1 semaine afin de pouvoir constater les effets bénéfiques (Papakostas et al. 2007; Kalb et al. 2001).
- ▶ Consulter un praticien de soins de santé/fournisseur de soins de santé/professionnel de la santé/médecin/docteur si l'usage se prolonge au-delà de 18 semaines (Anhelescu et al. 2006; Gastpar et al. 2006; Kasper et al. 2006; Fava et al. 2005; Mills et Bone 2005; Szegedi et al. 2005; Uebelhack et al. 2004; ESCOP 2003; Hypericum Depression Trial Study Group 2002; Lecrubier et al. 2002; Volz et al. 2002; Kalb et al. 2001; BHP 1983).

### Mention(s) de risque

#### Précaution(s) et mise(s) en garde

*Tous les produits*

- ▶ Éviter toute exposition prolongée au soleil, aux rayons ultraviolets (UV) ou rayons UV produits par la luminothérapie (Brinker 2010; Barnes et al. 2007; Mills et Bone 2005; ESCOP 2003; Hoffmann 2003; McGuffin et al. 1997).
- ▶ Consulter un praticien de soins de santé/fournisseur de soins de santé/professionnel de la santé/médecin/docteur si les symptômes persistent ou s'aggravent.
- ▶ Consulter un praticien de soins de santé/fournisseur de soins de santé/professionnel de la santé/médecin/docteur avant d'en faire l'usage si vous êtes enceinte ou si vous allaitez (Brinker 2010; Barnes et al. 2007; Mills et Bone 2005).

- Consulter un praticien de soins de santé/fournisseur de soins de santé/professionnel de la santé/médecin/docteur avant d'en faire l'usage si vous prenez des médicaments anxiolytiques ou anticonvulsifs, des antihistaminiques, des bronchodilatateurs, des relaxants musculaires et/ou des opiacés (Brinker 2010; Barnes et al. 2007; Mills et Bone 2005; Kawaguchi et al. 2004; Morimoto et al. 2004; Eich-Höchli et al. 2003; Dresser et al. 2003; Hoffman 2003; Markowitz et al. 2003; Xie et al. 2003; Dannawi 2002; Gurley et al. 2002; Spinella et Eaton 2002; Wang et al. 2002; Parker et al. 2001; Wang et al. 2001; Burstein et al. 2000; Nebel et al. 1999).

### *Équilibre de l'humeur*

Consulter un praticien de soins de santé/fournisseur de soins de santé/professionnel de la santé/docteur/médecin avant d'en faire l'usage si vous souffrez de troubles psychologiques tels que l'anxiété ou la dépression.

### **Contre-indication(s)**

Ne pas utiliser ce produit si vous prenez des médicaments anticancéreux, antidépresseurs [par ex., inhibiteurs spécifiques du recaptage de la sérotonine (ISRS)], cardiovasculaires, contraceptifs, des anticoagulants, des agents anti-VIH et/ou des médicaments qui inhibent le système immunitaire (immunosuppresseurs) (Brinker 2010; Barnes et al. 2007; Bradley 2006; Mills et Bone 2005; Murphy et al. 2005; Frye et al. 2004; Hebert et al. 2004; Jiang et al. 2004; Mueller et al. 2004; Smith et al. 2004; Sparreboom et al. 2004; Tannergren et al. 2004; Wichtl 2004; Alscher et Klotz 2003; Bauer et al. 2003; Dresser et al. 2003; ESCOP 2003; Hall et al. 2003; Hoffmann 2003; Pfrunder et al. 2003; Schwarz et al. 2003; Bolley 2002; Gorski et al. 2002; Mathijssen et al. 2002; Ahmed et al. 2001; De Maat et al. 2001; Moschella et Jaber 2001; Roby et al. 2001; Sugimoto et al. 2001; Turton-Weeks 2001; Wang et al. 2001; Barone et al. 2000 Durr et al. 2000; Karlova et al. 2000; Mai et al. 2000; Piscitelli et al. 2000; Ruschitzka et al. 2000; Ernst 1999; Johne et al. 1999; Maurer et al. 1999; Rey and Walter 1998).

### **Réaction(s) indésirable(s) connue(s)**

- Cesser l'utilisation si une hypersensibilité/allergie se manifeste (Barnes et al. 2007; ESCOP 2003).
- Certaines personnes pourraient souffrir de troubles gastro-intestinaux bénins, de nausées, d'agitation et/ou de maux de tête (Barnes et al. 2007; ESCOP 2003).

### **Ingédients non médicinaux**

Doivent être choisis parmi ceux de la version actuelle de la Base de données des ingrédients des produits de santé naturels (BDIPSN) et respecter les restrictions mentionnées dans cette base de données.

## Conditions d'entreposage

Doivent être établies conformément aux exigences décrites dans le *Règlement sur les produits de santé naturels* (RPSN).

## Spécifications

- ▶ Les spécifications du produit fini doivent être établies conformément aux exigences décrites dans le Guide de références sur la qualité des produits de santé naturels de la Direction des produits de santé naturels et sans ordonnance (DPSNSO).
- ▶ L'ingrédient médicinal doit être conforme aux exigences mentionnées dans la BDIPSN.

## Références citées

Ahmed SM, Banner NR, Dubrey SW. 2001. Low cyclosporin-A level due to Saint-John's-wort in heart transplant patients. *Journal of Heart and Lung Transplantation* 20(7):795.

Alischer DM, Klotz U. 2003. Drug interaction of herbal tea containing St. John's wort with cyclosporine. *Transplant International* 16(7):543-544.

Angelescu IG, Kohnen R, Szegedi A, Klement S, Kieser M. 2006. Comparisons of Hypericum extract WS 5570 and paroxetine in ongoing treatment after recovery from an episode of moderate to severe depression: results from a randomized multicenter study. *Pharmacopsychiatry* 39(6):213-219.

Barnes J, Anderson LA, Philipson JD. 2007. *Herbal Medicines*, 3<sup>e</sup> édition. Londres (RU): The Pharmaceutical Press.

Barone GW, Gurley BJ, Ketel BL, Lightfoot ML, Abul-Ezz SR. 2000. Drug interaction between St. John's wort and cyclosporine. *The Annals of Pharmacotherapy* 34(9):1013-1016.

Bauer S, Störmer E, Johne A, Krüger H, Budde K, Neumayer HH, Roots I, Mai I. 2003. Alterations in cyclosporin A pharmacokinetics and metabolism during treatment with St John's wort in renal transplant patients. *British Journal of Clinical Pharmacology* 55(2):203-211.

BHP 1983: *British Herbal Pharmacopoeia*. Cowling (RU): British Herbal Medical Association.

Blumenthal M, Goldberg A, Brinkmann J, éditeurs. 2000. *Herbal Medicine: Expanded Commission E Monographs*. Boston (MA): Integrative Medicine Communications.

Bolley R, Zülke C, Kammerl M, Fischereder M, Krämer BK. 2002. Tacrolimus-induced nephrotoxicity unmasked by induction of the CYP3A4 system with St John's wort. *Transplantation* 73(6):1009.

Bove M. 2001. *An Encyclopedia of Natural Healing for Children & Infants*, 2<sup>e</sup> édition. Toronto (ON): McGraw-Hill.

Bradley PR, éditeur. 2006. British Herbal Compendium, Volume 1. Bournemouth (RU): British Herbal Medicine Association.

Brattström A. 2009. Long-term effects of St. John's wort (*Hypericum perforatum*) treatment: a 1 year safety study in mild to moderate depression.

Brinker F. Herb Contraindications and Drug Interactions, 4<sup>e</sup> édition. Sandy (OR): Eclectic Medical Publications. 2010.

Brouillet L, Hay SG, Goulet I, Marie-Victorin F. 2002. Flore Laurentienne, 3<sup>e</sup> édition. Boucherville (QC): Gaëtan Morin Éditeur Ltée.

Bruneton J. 1999. Pharmacognosie, Phytochimie, Plantes Médicinales, 3<sup>e</sup> édition. Paris (F) : Technique & Documentation.

Burstein AH, Horton RL, Dunn T, Alfaro RM, Piscitelli SC, Theodore W. 2000. Lack of effect of St John's Wort on carbazepine pharmacokinetics in healthy volunteers. *Clinical Pharmacology and Therapeutics* 68(6):605-612.

Dannawi M. 2002. Possible serotonin syndrome after combination of buspirone and St John's wort. *Journal of Psychopharmacology* 16(4):401.

De Maat MM, Hoetelmans RM, Math t RA, van Gorp EC, Meenhorst PL, Mulder JW, Beijnen JH. 2001. Drug interaction between St John's wort and nevirapine. *AIDS* 15(3):420-421.

Dresser GK, Schwarz UI, Wilkinson GR, Kim RB. 2003. Coordinate induction of both cytochrome P4503A and MDR1 by St John's wort in healthy subjects. *Clinical Pharmacology and Therapeutics* 73(1):41-50.

Dürr D, Stieger B, Kullak-Ublick GA, Rentsch KM, Steinert HC, Meier PJ, Fattinger K. 2000. St. John's wort induces intestinal P-glycoprotein/MDR1 and intestinal and hepatic CYP3A4. *Clinical Pharmacology and Therapeutics* 68(6):598–604.

Eich-Höchli D, Oppliger R, Golay KP, Baumann P, Eap CB. 2003. Methadone maintenance treatment and St John's wort: a case report. *Pharmacopsychiatry* 36(1):35-37.

ESCOP 2003: ESCOP Monographs: The Scientific Foundation for Herbal Medicinal Products, 2<sup>e</sup> édition. Exeter (RU): European Scientific Cooperative on Phytotherapy and Thieme.

Ernst E. 1999. Second thoughts about the safety of St. John's wort. *Lancet* 354(9195):20142016.

Fava M, Alpert J, Nierenberg AA, Mischoulon D, Otto MW, Zajecka J, Murck H, Rosenbaum JF. 2005. A double-blind, randomized trial of St John's wort, fluoxetine, and placebo in major depressive disorder. *Journal of Clinical Psychopharmacology* 25(5):441-447.

Felter HW, Lloyd JU. 1983. King's American Dispensatory, Volume 1, 18<sup>th</sup> edition. Sandy (OR): Eclectic Medical Publications; [Réimpression de la publication originale de 1898].

Frye RF, Fitzgerald SM, Lagattuta TF, Hruska MW, Egorin MJ. 2004. Effect of St John's wort on imatinib mesylate pharmacokinetics. *Clinical Pharmacology and Therapeutics* 76(4):323-329.

Gastpar M, Singer A, Zeller K. 2006. Comparative efficacy and safety of a once-daily dosage of hypericum extract STW3-VI and citalopram in patients with moderate depression: a doubleblind, randomised, multicentre, placebo-controlled study. *Pharmacopsychiatry* 39(2):66-75.

Gorski JC, Hamman MA, Wang Z, Vasavada N, Huang S, Hall SD. 2002. The effect of St John's wort on the efficacy of oral contraception. *Clinical Pharmacology and Therapeutics* 71:P25.

Grieve M. 1971. *A Modern Herbal, Volume 2*. New York (NY): Dover Publications [Réimpression de la publication originale de Harcourt, Brace & Company de 1931].

Gurley BJ, Gardner SF, Hubbard MA, Williams DK, Gentry WB, Cui Y, Ang CY. 2002. Cytochrome P450 phenotypic ratios for predicting herb-drug interactions in humans. *Clinical Pharmacology and Therapeutics* 72(3):276-287.

Hall SD, Wang Z, Huang SM, Hamman MA, Vasavada N, Adigun AQ, Hilligoss JK, Miller M, Gorski JC. 2003. The interaction between St. John's wort and an oral contraceptive. *Clinical Pharmacology and Therapeutics* 74(6):525-535.

Hebert MF, Park JM, Chen YL, Akhatar S, Larson AM. 2004. Effects of St. John's wort (*Hypericum perforatum*) on tacrolimus pharmacokinetics in healthy volunteers. *Journal of Clinical Pharmacology* 44(1):89-94.

Hoffmann D. 2003. *Medical Herbalism: The Science and Practice of Herbal Medicine*. Rochester (VT): Healing Arts Press.

Hypericum Depression Trial Study Group. 2002. Effect of Hypericum perforatum (St John's wort) in major depressive disorder: a randomized controlled trial. *The Journal of the American Medical Association* 287(14):1807-1814.

Isacchi B, Bergonzi MC, Carnevali F, van der Esch SA, Vincieri FF, Bilia AR. 2007. Analysis and stability of the constituents of St. John's wort oils prepared with different methods. *Journal of Pharmaceutical and Biomedical Analysis* September 7. doi:10.1016/j.jpba.2007.08.025.

Jiang X, Williams KM, Liauw WS, Ammit AJ, Roufogalis BD, Duke CC, Day RO, McLachlan AJ. 2004. Effect of St John's wort and ginseng on the pharmacokinetics and pharmacodynamics of warfarin in healthy subjects. *British Journal of Clinical Pharmacology* 57(5):592-599.

Johne A, Brockmoller J, Bauer S, Maurer A, Langheinrich, M, Roots I. 1999. Pharmacokinetic interaction of digoxin with an herbal extract from St John's wort (*Hypericum perforatum*). *Clinical Pharmacology and Therapeutics* 66(4):338-345.

Kalb R, Trautmann-Sponsel RD, Kieser M. 2001. Efficacy and tolerability of hypericum extract WS 5572 versus placebo in mildly to moderately depressed patients. A randomized double-blind multicenter clinical trial. *Pharmacopsychiatry* 34(3):96-103.

Karliova M, Treichel U, Malagò M, Frilling A, Gerken G, Broelsch CE. 2000. Interaction of Hypericum perforatum (St. John's wort) with cyclosporin A metabolism in a patient after liver transplantation. *Journal of Hepatology* 33(5):853-855.

Kasper S, Anghelescu IG, Szegedi A, Dienel A, Kieser M. 2006. Superior efficacy of St John's wort extract WS 5570 compared to placebo in patients with major depression: a randomized, double-blind, placebo-controlled, multi-center trial [ISRCTN77277298]. *BMC Medicine* 4:14.

Kawaguchi A, Ohmori M, Tsuruoka S, Nishiki K, Harada K, Miyamori I, Yano R, Nakamura T, Masada M, Fujimura A. 2004. Drug interaction between St John's Wort and quazepam. *British Journal of Clinical Pharmacology* 58(4):403-410.

Lecrubier Y, Clerc G, Didi R, Kieser M. 2002. Efficacy of St. John's wort extract WS 5570 in major depression: a double-blind, placebo-controlled trial. *The American Journal of Psychiatry* 159(8):1361-1366.

Mai I, Krüger H, Budde K, Johne A, Brockmöller J, Neumayer HH, Roots I. 2000. Hazardous pharmacokinetic interaction of Saint John's wort (*Hypericum perforatum*) with the immunosuppressant cyclosporin. *International Journal of Clinical Pharmacology and Therapeutics* 38(10):500-502.

Maisenbacher P, Kovar KA. 1992. Analysis and stability of *Hyperici oleum*. *Planta Medica* 58(4):351-354.

Markowitz JS, Donovan JL, DeVane CL, Talor RM, Ruan Y, Wang J, Chavin KD. 2003. Effect of St. John's wort on drug metabolism by induction of cytochrome P450 3A4 enzyme. *The Journal of the American Medical Association*. 290(11):1500–1504.

Mathijssen RH, Verweij J, de Brujin P, Loos WJ, Sparreboom A. 2002. Effects of St John's wort on irinotecan metabolism. *Journal of the National Cancer Institute* 94(16):1247-1249.

Maurer A, Johne A, Bauer S, Brockmoller F, Conath I, Roots M, Langheinrich M, Hubner WD. 1999. Interaction of St. John's wort extract with phenprocoumon [Résumé]. *European Journal of Clinical Pharmacology* 55:A22.

McGuffin M, Hobbs C, Upton R, Goldberg A, éditeurs. 1997. *American Herbal Products Association's Botanical Safety Handbook*. Boca Raton (FL): CRC Press.

Mills S, Bone K. 2005. *The Essential Guide to Herbal Safety*. St. Louis (MO): Elsevier Churchill Livingstone.

Morimoto T, Kotegawa T, Tsutsumi K, Ohtani Y, Imai H, Nakano S. 2004. Effect of St. John's wort on the pharmacokinetics of theophylline in healthy volunteers. *Journal of Clinical Pharmacology* 44(1):95-101.

Moschella C, Jaber BL. 2001. Interaction between cyclosporine and Hypericum perforatum (St. John's wort) after organ transplantation. *American Journal of Kidney Diseases* 38(5):1105-1107.

Mueller SC, Uehleke B, Woehling H, Petzsch M, Majcher-Peszynska J, Hehl EM, Sievers H, Frank B, Riethling AK, Drewelow B. 2004. Effect of St. John's wort dose and preparations on the pharmacokinetics of digoxin. *Clinical Pharmacology and Therapeutics* 75(6):546–557.

Murphy A, Kern SE, Stanczyk FZ, Westhoff CL. 2005. Interaction of St. John's Wort with oral contraceptives: effects on the pharmacokinetics of norethindrone and ethinyl estradiol, ovarian activity and breakthrough bleeding. *Contraception* 71(6):402-408.

Nebel A, Schneider BJ, Baker RK, Kroll DJ. 1999. Potential metabolic interaction between St. John's wort and theophylline. *The Annals of Pharmacotherapy* 33(4):502.

Papakostas GI, Crawford CM, Scalia MJ, Fava M. 2007. Timing of clinical improvement and symptom resolution in the treatment of major depressive disorder. A replication of findings with the use of a double-blind, placebo-controlled trial of Hypericum perforatum versus fluoxetine. *Neuropsychobiology* 56(2-3):132-137

Parker V, Wong AH, Boon HS, Seeman MV. 2001. Adverse reactions to St John's wort. *Canadian Journal of Psychiatry* 46(1):77-79.

Pfrunder A, Schiesser M, Gerber S, Haschke M, Bitzer J, Drewe J. 2003. Interaction of St. John's wort with low-dose oral contraceptive therapy: a randomized controlled trial. *British Journal of Clinical Pharmacology* 56(6):683-690.

Piscitelli SC, Burstein AH, Chaitt D, Alfaro RM, Falloon J. 2000. Indinavir concentrations and St John's wort. *Lancet* 355(9203):547-548.

Rey JM, Walter G. 1998. *Hypericum perforatum* (St John's wort) in depression: pest or blessing? *The Medical Journal of Australia* 169(11-12):583-586.

Roby CA, Dryer DA, Burstein AH. 2001. St. John's wort: effect on CYP2D6 activity using dextromethorphan–dextrorphan ratios. *Journal of Clinical Psychopharmacology* 21(5):530–532.

Ruschitzka F, Meier PJ, Turina M, Lüscher TF, Noll G. 2000. Acute heart transplant rejection due to Saint John's wort. *Lancet* 355(9203):548-549.

Schwarz UI, Büschel B, Kirch W. 2003. Unwanted pregnancy on self-medication with St John's wort despite hormonal contraception. *British Journal of Clinical Pharmacology* 55(1):112-113.

Smith P, Bullock JM, Booker BM, Haas CE, Berenson CS, Jusko WJ. 2004. The influence of St. John's wort on the pharmacokinetics and protein binding of imatinib mesylate. *Pharmacotherapy* 24(11):1508-1514.

Sosa S, Pace R, Bornancin A, Morazzoni P, Riva A, Tubaro A, Della Loggia R. 2007. Topical anti-inflammatory activity of extracts and compounds from *Hypericum perforatum* L. *The Journal of Pharmacy and Pharmacology* 59(5):703-709.

Sparreboom A, Cox MC, Acharya MR, Figg WD. 2004. Herbal remedies in the United States: potential adverse interactions with anticancer agents. *Journal of Clinical Oncology* 22(12):2489-2503.

Spinella M, Eaton LA. 2002. Hypomania induced by herbal and pharmaceutical psychotropic medicines following mild traumatic brain injury. *Brain Injury* 16(4):359-367.

Sugimoto K, Ohmori M, Tsuruoka S, Nishiki K, Kawaguchi A, Harada K, Arakawa M, Sakamoto K, Masada M, Miyamori I, Fujimura A. 2001. Different effects of St John's Wort on the pharmacokinetics of simvastatin and pravastatin. *Clinical Pharmacology and Therapeutics* 70(6):518-524.

Szegedi A, Kohnen R, Dienel A, Kieser M. 2005. Acute treatment of moderate to severe depression with *hypericum* extract WS 5570 (St John's wort): randomised controlled double blind non-inferiority trial versus paroxetine. *British Medical Journal* 330(7490):503.

Tannergren C, Engman H, Knutson L, Hedeland M, Bondesson U, Lennernäs H. 2004. St. John's wort decreases the bioavailability of R- and S-verapamil through induction of the first-pass metabolism. *Clinical Pharmacology and Therapeutics* 75(4):298-309.

Turton-Weeks SM, Barone GW, Gurley BJ, Ketel BL, Lightfoot ML, Abul-Ezz SR. 2001. St John's wort: a hidden risk for transplant patients. *Progress in Transplantation* 11(2):116-120.

Uebelhack R, Gruenwald J, Graubaum HJ, Busch R. 2004. Efficacy and tolerability of *Hypericum* extract STW 3-VI in patients with moderate depression: a double-blind, randomized, placebo-controlled clinical trial. *Advances in Therapy* 21(4):265-275.

USDA 2018: United States Department of Agriculture, Agricultural Research Service, National Genetic Resources Program. Germplasm Resources Information Network (GRIN) [base de données en ligne]. *Hypercom perforatum* L. Beltsville (MD): National Germplasm Resources Laboratory. [Consulté le 1 octobre 2018]. Disponible à : <https://npgsweb.ars-grin.gov/gringlobal/taxonomydetail.aspx?id=19600>

Volz HP, Murck H, Kasper S, Möller HJ. 2002. St John's wort extract (LI 160) in somatoform disorders: results of a placebo-controlled trial. *Psychopharmacology* 164(3):294-300.

Wang ZQ, Hamman MA, Huang SM, Lesko LJ, Hall SD. 2002. Effect of St John's wort on the pharmacokinetics of fexofenadine. *Clinical Pharmacology and Therapeutics* 71(6):414-420.

Wang ZQ, Gorski C, Hamman MA, Huang S, Lesko LJ, Hall SD. 2001. The effects of St John's wort (*Hypericum perforatum*) on human cytochrome P450 activity. Clinical Pharmacology and Therapeutics 70(4):317-326.

Wheatley D. 1999. Hypericum in Seasonal Affective Disorder (SAD). Current Medical Research and Opinion 15(1):33-37.

Wichtl M, éditeur. 2004. Herbal Drugs and Phytopharmaceuticals: A Handbook for Practice on a Scientific Basis, 3<sup>e</sup> édition. Stuttgart (D): Medpharm GmbH Scientific Publishers.

Wren RC. 1907. Potter's Cyclopedie of Botanical Drugs and Preparations. London (RU): Potter and Clark.

Xie R, Tan L, Polasek EC, Hong C, Teillol-Foo M, Gordi T, Sharma A, Nickens DJ, Arakawa T, Knuth DW, Antal EJ. 2003. CYP3A and P-glycoprotein induction with St. John's wort in healthy volunteers of selected ethnic populations. Journal of Clinical Pharmacology 45(3):352-356.

## Références consultées

Arold G, Donath F, Maurer A, Diefenbach K, Bauer S, Henneicke-von Zepelin HH, Friede M, Roots I. 2005. No relevant interaction with alprazolam, caffeine, tolbutamide, and digoxin by treatment with a low-hyperforin St John's wort extract. Planta Medica 71(4):331-337.

Bjerkenedt L, Edman GV, Alken RG, Mannel M. 2005. Hypericum extract LI 160 and fluoxetine in mild to moderate depression: a randomized, placebo-controlled multi-center study in outpatients. European Archives of Psychiatry and Clinical Neuroscience 255(1):40-47.

Brenner R, Azbel V, Madhusoodanan S, Pawlowska M. 2000. Comparison of an extract of hypericum (LI 160) and sertraline in the treatment of depression: a double-blind, randomized pilot study. Clinical Therapeutics 22(4):411-419.

Cosmetic Ingredient Review Expert Panel. 2001. Final report on the safety assessment of Hypericum Perforatum extract and Hypericum perforatum oil. International Journal of Toxicology 20 (Suppl 2):31-39.

Crowe S, McKeating K. 2002. Delayed emergence and St. John's wort. Anesthesiology 96(4):1025-1027.

Findling RL, McNamara NK, O'Riordan MA, Reed MD, Demeter CA, Branicky LA, Blumer JL. 2003. An open-label pilot study of St. John's wort in juvenile depression. Journal of the American Academy of Child and Adolescent Psychiatry 42(8):908-914.

Gastpar M, Singer A, Zeller K. 2005. Efficacy and tolerability of hypericum extract STW3 in long-term treatment with a once-daily dosage in comparison with sertraline. Pharmacopsychiatry 38(2):78-86.

Irefin S, Sprung J. 2000. A possible cause of cardiovascular collapse during anesthesia: longterm use of St. John's Wort. *Journal of Clinical Anesthesia* 12(6):498-499.

Johne A, Schmider J, Brockmöller J, Stadelmann AM, Störmer E, Bauer S, Scholler G, Langheinrich M, Roots I.. 2002. Decreased plasma levels of amitriptyline and its metabolites on comedication with an extract from St John's wort (*Hypericum perforatum*). *Journal of Clinical Psychopharmacology* 22(1):46-54.

Kasper S, Angelescu IG, Szegedi A, Dienel A, Kieser M. 2007. Placebo controlled continuation treatment with Hypericum extract WS 5570 after recovery from a mild or moderate depressive episode. *Wiener Medizinische Wochenschrift* 157(13-14):362-366.

Kobak KA, Taylor LV, Bystritsky A, Kohlenberg CJ, Greist JH, Tucker P, Warner G, Futterer R, Vapnik T. 2005. St John's wort versus placebo in obsessive-compulsive disorder: results from a double-blind study. *International Clinical Psychopharmacology* 20(6):299-304.

Khawaja IS, Marotta RF, Lippmann S. 1999. Herbal medicines as a factor in delirium. *Psychiatric Services* 50(7):969-970.

Linde K, Mulrow CD, Berner M, Egger M. 2005. St John's wort for depression. Cochrane Database of Systematic Reviews Issue 2. Art. No.:CD000448. DOI: 10.1002/14651858.CD000448.pub2.

Mannel M. 2004. Drug interactions with St. John's wort: Mechanisms and clinical implications. *Drug Safety* 27(11):773-797.

Moreno RA, Teng CT, Almeida KM, Tavares Junior H. 2006. *Hypericum perforatum* versus fluoxetine in the treatment of mild to moderate depression: a randomized double-blind trial in a Brazilian sample. *Revista Brasileira de Psiquiatria* 28(1):29-32.

Müller T, Mannel M, Murck H, Rahlf VW. 2004. Treatment of somatoform disorders with St. John's wort: a randomized, double-blind and placebo-controlled trial. *Psychosomatic Medicine* 66(4):538-547.

Philipp M, Kohnen R, Hiller KO. 1999. Hypericum extract versus imipramine or placebo in patients with moderate depression: randomised multicentre study of treatment for eight weeks. *British Medical Journal* 319(7224):1534-1538.

Randløv C, Mehlsen J, Thomsen CF, Hedman C, von Fircks H, Winther K. 2006. The efficacy of St. John's Wort in patients with minor depressive symptoms or dysthymia-a double-blind placebo-controlled study. *Phytomedicine* 13(4):215-221.

Schempp CM, Hezel S, Simon JC. 2003. Topical treatment of atopic dermatitis with *Hypericum* cream. A randomised, placebo-controlled, double-blind half-side comparison study. *Der Hautarzt; Zeitschrift für Dermatologie, Venerologie, und Verwandte Gebiete* 54(3):248-253.

Schempp CM, Ludtke R, Winghofer B, Simon JC. 2000. Effect of topical application of hypericum perforatum extract (St. John's wort) on skin sensitivity to solar simulated radiation. *Photodermatology, Photoimmunology and Photomedicine* 16(3):125-128.

Schrader E, Meier B, Brattström A. 1998. Hypericum treatment of mild-moderate depression in a placebo-controlled study: a prospective, double blind, randomised, placebo-controlled, multicenter study. *Human Psychopharmacology: Clinical and Experimental* 13:163-169.

Schulz H, Jobert M. 1994. Effects of hypericum extract on the sleep EEG in older volunteers. *Journal of Geriatric Psychiatry and Neurology* 7(Suppl 1):S39-S43.

Shelton RC, Keller MB, Gelenberg A, Dunner DL, Hirschfeld R, Thase ME, Russell J, Lydiard RB, Crits-Cristoph P, Gallop R, Todd L, Hellerstein D, Goodnick P, Keitner G, Stahl SM, Halbreich U. 2001. Effectiveness of St John's wort in major depression: a randomized controlled trial. *The Journal of the American Medical Association* 285(15):1978-1986.

Simeon J, Nixon MK, Milin R, Jovanovic R, Walker S. 2005. Open-label pilot study of St. John's wort in adolescent depression. *Journal of Child and Adolescent Psychopharmacology* 15(2):293-301.

van Gurp G, Meterissian GB, Haiiek LN, McCusker J, Bellavance F. 2002. St John's wort or sertraline? Randomized controlled trial in primary care. *Canadian Family Physician* 48:905-912.

Vorbach EU, Arnoldt KH, Hübner WD. 1997. Efficacy and tolerability of St. John's wort extract LI 160 versus imipramine in patients with severe depressive episodes according to ICD-10. *Pharmacopsychiatry* 30(Suppl 2):81-85.

Wang LS, Zhou G, Zhu B, Wu J, Wang JG, Abd El-Aty AM, Li T, Liu J, Yang TL, Wang D, Zhong XY, Zhou HH. 2004. St. John's wort induces both cytochrome P450 3A4-catalyzed sulfoxidation and 2C19-dependent hydroxylation of omeprazole. *Clinical Pharmacology and Therapeutics* 75(3):191-197.

Weber W, Vander Stoep A, McCarty RL, Weiss NS, Biederman J, McClellan J. 2008. Hypericum perforatum (St John's wort) for attention-deficit/hyperactivity disorder in children and adolescents: a randomized controlled trial. *The Journal of the American Medical Association* 299(22):2633-2641.

Wenk M, Todesco L, Krähenbühl S. 2004. Effect of St John's Wort on the activities of CYP1A2, CYP3A4, N-acetyltransferase 2, and xanthine oxidase in healthy males and females. *British Journal of Clinical Pharmacology* 57(4):495-499.

Wiersema J, Léon B. 1999. World Economic Plants: A Standard Reference. Boca Raton (FL): CRC Press LLC.

Woelk H. 2000. Comparison of St John's wort and imipramine for treating depression: randomised controlled trial. *British Medical Journal* 321(7260):536-539.

Yue QY, Bergquist C, Gerdén B. 2000. Safety of St John's wort (*Hypericum perforatum*). Lancet 355(9203):576-577.