

## NATURAL HEALTH PRODUCT

### ST. JOHN'S WORT – *HYPERICUM PERFORATUM*

#### Oral

This monograph is intended to serve as a guide to industry for the preparation of Product Licence Applications (PLAs) and labels for natural health product market authorization. It is not intended to be a comprehensive review of the medicinal ingredient.

#### Notes

- ▶ Text in parentheses is additional optional information which can be included on the PLA and product label at the applicant's discretion.
- ▶ The solidus (/) indicates that the terms and/or statements are synonymous. Either term or statement may be selected by the applicant.

#### Date

January 27, 2023

#### Proper name(s), Common name(s), Source information

Table 1. Proper name(s), Common name(s), Source information

Proper name(s)	Common name(s)	Source Information		
		Source material(s)	Part(s)	Preparation(s)
<i>Hypericum perforatum</i>	<ul style="list-style-type: none"> <li>▶ Goatweed</li> <li>▶ Hypericum</li> <li>▶ St. John's wort</li> <li>▶ St. John's-wort</li> </ul>	<i>Hypericum perforatum</i>	Herb top	Dry

References: Proper name: USDA 2018; Common names: Anghelescu et al. 2006, Gastpar et al. 2006, Szegedi et al. 2005, Wichtl 2004, McGuffin et al. 2000; Source information: Bradley 2006; Mills and Bone 2005, Hoffmann 2003, Blumenthal et al. 2000, Felten and Lloyd 1983, Wren 1907.

#### Route of administration

Oral

#### Dosage form(s)

This monograph excludes foods or food-like dosage forms as indicated in the Compendium of Monographs Guidance Document.

Acceptable dosage forms for oral use are indicated in the dosage form drop-down list of the web-based Product Licence Application form for Compendial applications.

## Use(s) or Purpose(s)

- ▶ (Traditionally) used in Herbal Medicine to help relieve restlessness and/or nervousness (calmative) (Mills and Bone 2005; Hoffmann 2003; Blumenthal et al. 2000; Felter and Lloyd 1983; Grieve 1971).
- ▶ (Used in Herbal Medicine to) help(s) promote healthy mood balance (Brattström 2009; Angheliescu et al. 2006; Gastpar et al. 2006; Kasper et al. 2006; Fava et al. 2005; Mills and 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).
- ▶ (Used in Herbal Medicine to) help(s) relieve sleep disturbances associated with mood imbalance (Randløv et al. 2006; Wichtl 2004; Friede et al. 2001; Wheatley 1999; Schrader et al. 1998).

The following combined use(s) or purpose(s) is/are also acceptable:

(Used in Herbal Medicine to) help(s) promote healthy mood balance and relieve sleep disturbances associated with mood imbalance (Brattström 2009; Angheliescu 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).

### Note

Claims for traditional use must include the term “Herbal Medicine”, “Traditional Chinese Medicine”, or “Ayurveda”.

## Dose(s)

### Subpopulation(s)

Adults 18 years and older

### Quantity(ies)

*Relief of restlessness and/or nervousness*

Methods of preparation: Dry, Powder, Non-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)

2 - 12.6 grams of dried herb top, per day; Not to exceed 4.2 grams per single dose (Angheliescu et al. 2005; Wichtl 2004; ESCOP 2003; Blumenthal et al. 2000).



*All uses except the traditional claim for the relief of restlessness and/or nervousness*

Methods of preparation: Standardized extracts (Dry extract)

600 - 1800 milligrams of extract, per day, standardized to 3-6% hyperforin and/or 0.12-0.28% hypericin; Not to exceed 600 milligrams of extract per single dose (Anghelescu et al. 2006; Gastpar et al. 2006; Kasper et al. 2006; Fava et al. 2005; Szegedi et al. 2005; Uebelhack et al. 2004; Wichtl 2004; ESCOP 2003; Hoffmann 2003; Lecrubier et al. 2002; Volz et al. 2002; Kalb et al. 2001; Blumenthal et al. 2000; BHP 1983).

### **Direction(s) for use**

No statement required.

### **Duration(s) of use**

- ▶ Use for at least 1 week to see beneficial effects (Papakostas et al. 2007; Kalb et al. 2001).
- ▶ Consult a health care practitioner/health care provider/health care professional/doctor/physician for use beyond 18 weeks (Anghelescu et al. 2006; Gastpar et al. 2006; Kasper et al. 2006; Fava et al. 2005; Mills and Bone 2005; Szegedi et al. 2005; Uebelhack et al. 2004; ESCOP 2003; Hypericum Depression Trial Study Group 2002; Lecrubier et al. 2002; Vloz et al. 2002; Kalb et al. 2001; BHP 1983).

### **Risk information**

#### **Caution(s) and warning(s)**

*All products*

- ▶ Avoid prolonged exposure to sunlight, ultraviolet light (UV) or UV therapy (Brinker 2010; Barnes et al. 2007; Mills and Bone 2005; ESCOP 2003; Hoffmann 2003; McGuffin et al. 1997).
- ▶ Consult a health care practitioner/health care provider/health care professional/doctor/physician if symptoms persist or worsen.
- ▶ Consult a health care practitioner/health care provider/health care professional/doctor/physician prior to use if you are pregnant or breastfeeding (Brinker 2010; Barnes et al. 2007; Mills and Bone 2005).
- ▶ Consult a health care practitioner/health care provider/health care professional/doctor/physician prior to use if you are taking antianxiety or seizure medications, antihistamines, bronchodilators, muscle relaxants and/or opiates (Brinker 2010; Barnes et al. 2007; Mills and 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 and Eaton 2002; Wang et al. 2002; Parker et al. 2001; Wang et al. 2001; Burstein et al. 2000; Nebel et al. 1999).



### *Healthy mood balance*

Consult a health care practitioner/health care provider/health care professional/doctor/physician prior to use if you suffer from psychological disorders such as anxiety or depression.

#### **Contraindication(s)**

Do not use this product if you are taking anti-cancer, antidepressant [e.g. selective serotonin reuptake inhibitors (SSRI)], cardiovascular, contraceptive medications, blood thinners, anti-HIV agents and/or medications to suppress the immune system (immunosuppressive medications) (Brinker 2010; Barnes et al. 2007; Bradley 2006; Mills and 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 and 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 and 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).

#### **Known adverse reaction(s)**

- ▶ Stop use if hypersensitivity/allergy occurs (Barnes et al. 2007; ESCOP 2003).
- ▶ Some people may experience mild gastrointestinal disturbances, nausea, restlessness and/or headaches (Barnes et al. 2007; ESCOP 2003).

#### **Non-medicinal ingredients**

Must be chosen from the current Natural Health Products Ingredients Database (NHPID) and must meet the limitations outlined in the database.

#### **Storage conditions**

Must be established in accordance with the requirements described in the *Natural Health Products Regulations* (NHPR).

#### **Specifications**

- ▶ The finished product specifications must be established in accordance with the requirements described in the Natural and Non-prescription Health Products Directorate (NNHPD) Quality of Natural Health Products Guide.
- ▶ The medicinal ingredient must comply with the requirements outlined in the NHPID.



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