



One-A-Day St John's Wort 4000 Tablets

THOMPSON'S | TMSTJW6

ALWAYS READ THE LABEL. FOLLOW THE DIRECTIONS FOR USE. For product specific label WARNINGS please refer to product section below.

BENEFITS

- Provides symptomatic relief of mild anxiety
- Provides symptomatic relief of nervous unrest and helps maintain the healthy functioning of the nervous system
- Provides symptomatic relief of mood swings
- Helps maintain healthy mood
- Assists the body's ability to cope with stress
- Provides symptomatic relief of pre-menstrual syndrome (PMS)
- Helps relieve sleeplessness
- Has traditionally been used in Western herbal medicine to relieve nerve pain
- Assists to maintain or improve general wellbeing

SUITABLE FOR

- Individuals who suffer from or prone to mild anxiety
- Those who suffer from or prone to nervous unrest and seek a supplement to maintain the healthy functioning of their nervous system
- Those who suffer from or prone to mood swings
- Individuals who seek a supplement to help maintain healthy mood
- Individuals who suffer from or prone to stress
- Women suffering from pre-menstrual syndrome (PMS)
- Those who suffer from or prone to sleeplessness
- Individuals who suffer from or prone to nerve pain
- Individuals who seek a supplement to maintain or improve general wellbeing

DIRECTIONS FOR USE

- Adults- Take one tablet daily (with food). This can be increased to two tablets daily or as professionally prescribed.
- Storage: Store below 30°C in a dry place

WARNINGS

St. John's Wort affects the way many prescription medicines work, including the oral contraceptive pill. Consult your doctor. If symptoms persist consult your healthcare professional.

NO ADDED

- Gluten, lactose, nuts, shellfish, dairy, egg, fish, sesame seeds, soy. No artificial colours or flavours. Vegetarian/Vegan friendly.

PACK SIZES

- TMSTJW6 - 60 Tablets

ACTIVE INGREDIENTS

Each tablet contains:

Herbal extract equiv. to dry:

Hypericum perforatum (St. John's Wort) herb top flowering 4g (4000mg)

std. to contain Hypericin 2.2mg