



# Serenity (St. Johnswort & Valerian) and St. Johnswort

## Important Reasons to use Serenity or St. Johnswort

- It is an effective anti depressant
- It has few side effects
- It may help sleep

A review of 29 clinical trials by Cochrane collaboration concluded that St. Johnswort had similar efficacy to standard anti depressant treatment. The rate of side effects was lower than SSRI and 5 times lower than tricyclic anti depressants.

**Warning:** St Johnswort should not be used with any drugs unless drug/herb interactions are checked by a health care provider.

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Highest quality HPLC analyzed herbal extracts.

**Serenity (St Johnswort) Supplement Facts:** Serving Size: 1 Capsule, Servings per Container: 100  
Each capsule contains 500 mg *Hypericum perforatum*.  
Other ingredients: Magnesium stearate, gelatin

Suggested Use for St Johnswort: Take 1 - 3 times per day, or as directed by a health professional.

**Serenity Supplement Facts:** Serving Size: 1 Capsule, Servings per Container: 100  
Each capsule of **Serenity** (St Johnswort Plus) contains 240 mg St. Johnswort (*Hypericum perforatum*) leaf and flower extract and 240 mg Valerian (*valeriana officinalis*) root extract 4:1. (Equivalent to 960 mg whole herb) and 240 mg Valerian (*valeriana officinalis*) root extract 4:1.

The addition of Valerian root can improve sleep quality and reduce insomnia.

Other ingredients: Magnesium stearate, gelatin

Suggested Use for St Johnswort Plus: Take 1-2 capsules before bed or as directed by a health professional.

How St Johnswort is Supplied:

VMSJW-01	100 capsules
VMSJW-02	270 capsules

How **St Johnswort Plus** Is Supplied:

VMSY-01	100 Capsules
VMSY-02	270 Capsules



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*These statements have not been evaluated by the Food and Drug Administration  
Products are not intended to diagnose, treat, cure, or prevent any disease*