

ST. JOHN'S WORT

/Hypericum perforatum/

Appearance	Colour	Odor
transparent fluid	pale yellow	specific for the plant

Contents of characteristic ingredients (by GC), %

2,6 dimethyl heptanes	from 34,6 to 38,5
Nonane	from 2,4 to 2,8
α - pinene	from 18,4 to 20,5
β - pinene	from 8,7 to 9,7
β - caryophyllene	from 3,8 to 4,3
Germacrene D	from 6,3 to 7,1

Therapeutic Properties

A natural mood booster St. John's Wort has been used for centuries to treat heavy depression. It can be taken as a tincture for bed wetting, stiff arthritis joints, Bell's palsy and shingles. Painful muscles and joints react well to application from this oil. St. John's Wort helps the cardiovascular system through improving the functioning of the hearth blood vessels, the pulse and is acting diuretically.