



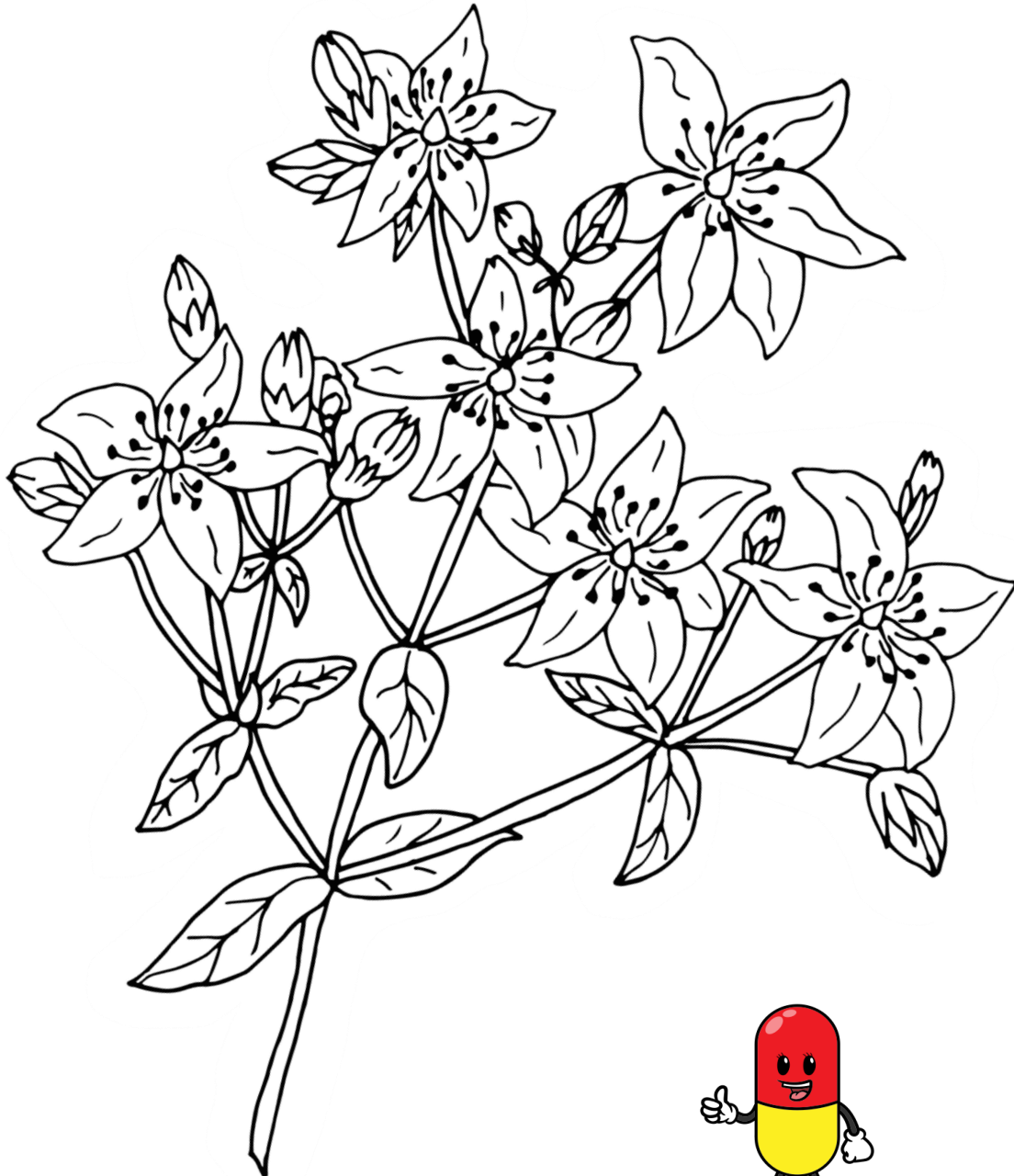
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## St John's Wort

Extracts from the flower and bud of St John's Wort called **Hypericin** or **Hyperforin** have been used in medicine dating back to ancient Greece. People applied it to wounds and burns. Today, researchers are exploring its potential effectiveness treating mild anxiety and depression.



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