



# ST JOHN'S WORT

*Hypericum perforatum* (hy-PER-ih-kum per-fuh-RAY-tum)

PERENNIAL | HYPERICACEAE FAMILY

ZONES: 4-8

EXPOSURE: FULL TO PARTIAL SUN

MATURE HEIGHT: 3 FT | SPREAD 2 FT

BLOOM: YELLOW | SUMMER



HERB & VINE

— healing plants —



Medicinal



Container



Resistant

St John's wort is a wound healer and calming tonic that has been used since ancient times and recently new evidence speaks to its efficacy for mild to moderate depression, chronic fatigue and anxiety. The plant is self-fertile and is potentially invasive.

- Therapeutic\*: Flowers and leaves are analgesic, antiseptic, antispasmodic, aromatic, astringent, cholagogue, digestive, diuretic, expectorant, nervine, resolvent, sedative, stimulant, vermifuge and vulnerary. Supports women through menopause.
- Fill a glass jar with flowers collected in summer and olive oil, then leave in the sun. The red pigment that forms is a remedy for minor scalds and burns.

Cautions: may reduce the effectiveness of other medicines: it should be avoided if taking critical-dose prescriptions. It may reduce the effectiveness of the contraceptive pill. May also cause photosensitivity. Don't use if pregnant.



*\*Information is based on research of the historical uses of this herb and does not constitute medical advice. Consult a medical professional before using any herb for therapeutic purposes.*

Download PDF  
[www. herb-and-vine.com](http://www herb-and-vine.com)