

Johnt[®] Capsule

Natural anti depressant

Composition:

Each capsule contains
Saint John's Wort Standardized dry extract 450 mg
And other ingredients

Ref: Saint John's Wort, Bangladesh National Unani Formulary.

Description:

Saint John's Wort (*Hypericum perforatum*) is a yellow-flowering perennial herb indigenous to Europe. Saint John's Wort is widely known as an herbal treatment for depression. During flowering this plant is used for medicinal preparation. Herb and Flower contains higher amount of Bioflavonoids like amentoflavone; Anthracine derivatives like pseudohypericine and highly bioactive medicinal compounds Hypericine and Hyperforin.

Indication:

Mental distress, Fatigue, Nervous unrest, Psycho-vegetative disturbance, Depression, Mental excitation, Seasonal affective disorder (SAD), Obsessive-compulsive disorder (OCD), Nervous disorders such as Insomnia associated with Menopause.

Pharmacology:

Johnt (Saint John's Wort extract) is a natural antidepressant. Several studies suggest that taking Saint John's Wort extracts improves mood and decreases anxiety and insomnia related to depression. It seems to be about as effective in treating depression as many prescription drugs. In fact, clinical guidelines from the American College of Physicians-American Society of Internal Medicine suggest that Saint John's Wort extract can be considered an option along with antidepressant medications for short-term treatment of mild depression. Other uses include heart palpitations, moodiness, attention deficit-hyperactivity disorder (ADHD), obsessive-compulsive disorder (OCD) and seasonal affective disorder (SAD).

Mechanism of Action:

For a long time, investigators thought a chemical in Saint John's Wort extract called hypericin was responsible for its effects against depression. More recent information suggests another chemical, hyperforin, may play a larger role in depression. Hypericin and hyperforin act on chemical messengers in the nervous system that regulate mood. It has been shown to inhibit the uptake of dopamine and noradrenaline.

Dosage:

1 capsule 1-2 times daily or directed by physician.

Side Effects:

Johnt (Saint John's Wort) is generally well tolerated. The most common adverse effects reported are gastrointestinal symptoms, dizziness, confusion, tiredness and sedation. Johnt may rarely cause photosensitivity usually seen in white skin people.

Cautions & Contraindication:

Johnt is contraindicated to person who are susceptible photosensitivity and contaminate use with Mono Amino Oxidase (MAO) inhibitor drugs. Johnt also contraindicated to photosensitive medicines like tetracycline, sulphonamide, thiazide, peroxiam, Quinoline.

Use during pregnancy and lactation:

No known restriction. Animal reproductive study did not produce mutagenicity at relatively higher dosage. Due to lack of data, the world Health Organization (WHO) monograph recommended that Saint John's Wort not be administered during pregnancy or nourishing without advice of healthcare provider (WHO, 2002).

Presentation:

10 x 3 = 30 capsules in a blister box.

* Store in a cool and dry place, protected from light.

Keep all

Medicine out of reach of the Children.

* Further Information is Available on Request From.



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