

St. John's wort

Hypericum (Family *Hypericaceae*)



From the St. John's wort is obtained a mild, natural antidepressant. Attention, follow the instructions below!



St. John's wort, of which spotted or true St. John's wort is the most common, has striking yellow flowers and the leaves, held up to the light, have many spots ("oil corpuscles")



St. John's wort is also called hard hay and its first name by the day of John the Baptist (24.6.). And indeed, the flowering often begins around this day.



Attention, St. John's wort can cancel the effect of birth control pills and also affect other medications.