

# Well Mind

*St. John's Wort Enhanced Formula*

*(Hypoallergenic)*



Item # 72790  
90 Vegetarian Capsules

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## The Possible Benefits of Well Mind, a Dietary Supplement

- Supports neurotransmitter activity and neurological function\*
- Potentially supports healthy moods and emotions, stress response and sleep cycles\*

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## Description

Well Mind was formulated by Daniel Beilin, OMD. It provides St. John's wort extract standardized to 0.3% hypericin, extracts of kava, valerian, passionflower, schisandra and large yellow lady's slipper, powdered gotu kola, and zinc. Well Mind is formulated for the support of mental processes and functioning.\*

**Zinc** plays a crucial role in hundreds of biological enzymatic processes, including helping to control the permeability of the blood-brain barrier, which may improve the effectiveness of St. John's wort.\* Zinc salts are well known in Europe for their beneficial effects on mood.\*

Standardized **St. John's wort** extract has shown potential to benefit those with mild to moderate depression, and to support healthy moods.\* Although it may not be useful for more severe depression, numerous placebo-controlled studies with mild to moderate depression have shown it can outperform placebos and be at least as effective as other common modalities.\* It has two primary active ingredients, hypericin and hyperforin, that are known to inhibit the breakdown and reuptake of the neurotransmitters serotonin and norepinephrine, and it also contains melatonin, another substance in the serotonin pathway. This may explain the observed ability of St. John's wort to amplify the effect of serotonin in the brain.\* Additionally, it may help inhibit stress-related responses such as the secretion of excessive cortisol, and improve the ability to dream during sleep, another aspect of natural stress management.\*

**Kava** has been used as a traditional drink by natives of the South Pacific for centuries. It is used for ceremonial and medicinal purposes, and has been noted for its calming effects.\* In this century, Europeans have used kava to support healthy moods and sleep, and to support the ability to handle stress and tension.\* Kava has also been researched for women's health.\*

**Valerian** has a long history of use in many cultures for helping to calm the nervous system and assist the response to stress.\* It has been shown to improve the quality of sleep without side effects.\* It can calm the central nervous system and relax the smooth muscles of the GI tract.\* Valerian has been used as a brain nutrient in Ayurvedic herbology, and studies show that it may modulate brain function.\*

**Passionflower**, or maypop, has shown potential to enhance calmness and to promote sleep, and may support relaxation of muscles.\* Studies also report that passionflower works well with other herbs such as valerian, enhancing their effectiveness.\* One active component of passionflower, the bioflavonoid chrysin, is an aromatase inhibitor, helping to prevent the formation of excess estrogen.\*

**Schisandra** berries have been used for centuries in traditional Chinese medicine to support kidney, liver and lung function.\* Schisandra has traditionally been used to support mental function and memory, healthy sleep patterns, physical endurance, and to enhance the senses of sight, hearing and

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touch.\* Russian scientists have found that Schisandra has adaptogenic qualities, potentially increasing the capacity of the body to handle environmental, physical and mental stress.\* Research shows that it has potential to protect the liver from toxins and oxidative damage and to promote liver repair.\* Schisandra also supports the conversion of neurotransmitters in the liver.\*

**Gotu kola** has traditionally been used in India and Indonesia for energy.\* It has been shown to support circulation, and to be mildly sedating.\* Gotu kola is not related to kola nut and does not contain caffeine.

**Large yellow lady's slipper** is also known as American valerian, nerve root or orchid root. It is found throughout North America, and was used by Native Americans as a wide spectrum nervine and sedative.\* The Eclectic Healers wrote that large yellow lady's slipper could improve the circulation and nutrition of the nerve centers, producing a calm and cheerful condition of body and mind, favoring tranquility and sleep.\* It has been used by women to support healthy nerves, for children, and in rehabilitation regimens.\* Large yellow lady's slipper is thought to act primarily on the medulla of the brain.\*

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Serving Size: 2 Capsules

Servings Per Container: 45

**Amount Per Serving:**

Zinc (as Zinc DL-Methionine)	5 mg
St. John's Wort ( <i>Hypericum perforatum</i> ) (Leaves and Flowers) Extract	250 mg
Kava ( <i>Piper methysticum</i> ) (Root) Extract	120 mg
Valerian ( <i>Valeriana officinalis</i> ) (Root) Extract 4:1	15 mg
Passionflower ( <i>Passiflora incarnata</i> ) (Leaves) Extract	60 mg
Schisandra ( <i>Schisandra chinensis</i> ) (Berries) Extract	60 mg
Gotu Kola ( <i>Centella asiatica</i> ) (Leaves) Powder	30 mg
Large Yellow Lady's Slipper ( <i>Cypripedium pubescens</i> ) (Root) Extract	20 mg

Other ingredients: Hydroxypropyl methylcellulose, cellulose, magnesium stearate, silicon dioxide.

**Suggested Use:** As a dietary supplement, 1 or 2 capsules one to three times daily on an empty stomach, or as directed by a healthcare practitioner. Sensitive individuals may want to take with food.

**Caution:** Use only under the guidance of a healthcare practitioner during pregnancy, when breastfeeding, for children, and for those with a liver disorder or Parkinson's disease. St. John's wort may be contraindicated when consuming tyramine-containing foods, after an organ transplant or in any situation that requires decreased immune system activity. High doses of St. John's wort may increase sensitivity to sunlight, and it may interact with certain drugs, including protease inhibitors, immuno-suppressants, progestins, warfarin, antidepressants and barbiturates. Kava may increase the effects of alcohol. The FDA has issued an alert that several cases of liver toxicity have been associated with the use of kava in Germany and Switzerland. To date, no such cases have occurred in the United States, and recent evidence implicates products Extracted from inappropriate parts of the kava plant. This dietary supplement may cause drowsiness, so use caution when driving and performing tasks that require alertness.



**Allergy Research Group®**  
2300 North Loop Road, Alameda, CA 94502  
Phone: 800-545-9960 or 510-263-2000  
Fax: 800-688-7426 or 510-263-2100  
[www.AllergyResearchGroup.com](http://www.AllergyResearchGroup.com)

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