

Bloomaceuticals

St. John's Wort

Golden Flower Traditionally Used for Mood, Nerve & Herbal Wellness Support

Hypericum perforatum

COMMON NAMES

St. John's Wort

ORIGIN & SOURCING

St. John's Wort has been traditionally valued in European herbal wellness practices for centuries and is recognized for its bright yellow flowers and uplifting herbal properties.

TRADITIONAL USES & BENEFITS

- Emotional wellness & balance
- Nervous system support
- Relaxation & grounding
- Herbal wellness routines
- Skin-focused botanical preparations
- Traditional mood-support practices

WAYS TO USE

Teas, infused oils, salves, tinctures and relaxing herbal wellness blends.

PREPARATION

Traditionally steeped into calming herbal infusions or infused into botanical oils and topical preparations.

HERB PAIRINGS & SYNERGIES

- Lemon Balm
- Skullcap
- Chamomile
- Lavender
- Passionflower
- Oatstraw

QUICK FACTS

TASTE	ENERGETICS	PREPARATIONS	BEST TIME
Bitter, slightly floral	Warming, drying	Teas, oils, tinctures, salves	Evening or wellness support

NUTRITIONAL HIGHLIGHTS

St. John's Wort naturally contains plant compounds traditionally valued in herbal wellness and calming support practices.

SAFETY & PRECAUTIONS

May interact with medications, including antidepressants and birth control. Avoid excessive sun exposure while using concentrated preparations. Consult your healthcare practitioner before use.

STORAGE

Store in a cool, dry place away from moisture and sunlight.

DISCLAIMER

These statements have not been evaluated by Health Canada. This product is not intended to diagnose, treat, cure, or prevent any disease.

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■ Handcrafted in British Columbia ■