

# Advanced St. John's Wort with Uplifting Herbs

## Natural complex to support your well-being.

St. John's Wort is one of the most sought-after herbs on the market—and with good reason. It's been used for thousands of years and has recently become popular as a natural mood enhancer.

This bushy, perennial plant is native to many parts of the world, including Europe and the United States. It has been used as an herbal remedy since the Middle Ages. Many believed it to have magical powers to protect one from evil. Early Christian mystics named the plant after John the Baptist and thought it was most beneficial to cultivate the herb on St. John's Day, June 24.

Herbalife has captured the beneficial properties of this time-honored herb in its exclusive product, Advanced St. John's Wort with Uplifting Herbs. But we didn't stop there. We added several complementary herbs to this exciting formula to ensure you get the most effective product available on the market today.

## DISCUSSION POINTS

- **A happy alternative:** Advanced St. John's Wort with Uplifting Herbs offers a natural choice for people seeking support for their well-being.\* Its gentle effect is the result of a combination of select herbs that have been cultivated from around the world. This helpful mood enhancer can be used on a daily basis to encourage mental health.\*
- **Combine with other products:** Advanced St. John's Wort with Uplifting Herbs can be used in conjunction with the Thermojetics® Weight-Management Program and Herbalife's entire line of nutritional products.

## DID YOU KNOW?

It's believed that the ancient Greeks and Romans discovered the beneficial properties of St. John's Wort. By the 16th century, St. John's Wort was commonly used throughout Europe. The modern use of St. John's Wort as a mood enhancer was originally popularized in Germany where it outsells conventional products by a factor of approximately 25:1.

## FAST FACTS

- Formulated with high-quality St. John's Wort.
- Includes Gotu Kola, an Indian herb that can help support the central nervous system and enhance vitality.\*
- Features Suma, an herb known as Brazilian Ginseng, used to increase energy and boost mood levels.\*
- Contains Maca, an herb known as Peruvian Ginseng, used as an energy and mental enhancer.\*
- Includes Coleus, a mood-enhancing herb effective in promoting well-being.\*



## SUPPLEMENT FACTS

Serving Size: 1 tablet  
Servings Per Container: 60

|  | Amount Per Serving                               | % Daily Values** |
|--|--|------------------|
| Thiamin (as thiamin mononitrate)           | 0.75 mg  | 50%              |
| Vitamin B6 (as pyridoxine hydrochloride)   | 1 mg   | 50%              |
| Folic Acid                                 | 200 mcg  | 50%              |
| Vitamin B12 (as cyanocobalamin)            | 3 mcg  | 50%              |
| Calcium                                    | 85 mg  | 9%               |
|  | (from dicalcium phosphate and calcium carbonate) |                  |
| St. John's Wort                            | 300 mg   | +                |
|  | (Standardized to 0.3% hypericin)                 |                  |
|  | (Hypericum perforatum) (flower)                  |                  |
| Gotu Kola 4:1 (Centella asiatica) (aerial) | 15 mg  | +                |
| Maca (Lepidium meyenii) (tuber)            | 15 mg  | +                |
| Suma (Pfaffia paniculata) (root)           | 15 mg  | +                |
| Coleus (Coleus forskohlii) (aerial)        | 4 mg   | +                |
| Bio-absorption Complex-5                   | 23 mg  |                  |
| Lecithin                                   |  | +                |
| Ascorbyl Palmitate                         |  | +                |
| Plant Cellulose Enzyme                     |  | +                |
| Cinnamon Powder (Cinnamomum cassia) (bark) |  | +                |
| Bioperine (Black Pepper Extract)           |  | +                |
|  | (Piper nigrum) (berry)                           |                  |

### Other Ingredients

Microcrystalline cellulose, croscarmellose sodium, stearic acid, silicon dioxide, hydroxypropyl methylcellulose, shellac, magnesium stearate, hydroxypropylcellulose and polyethylene glycol.

\*\* Percent Daily Values are based on a 2,000-calorie diet.  
+ Daily Value not established.

### Suggested Serving:

One tablet twice per day.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent disease.

## Ordering Details:

60 tablets per bottle

#3010 (case of 6)

#0162 (HAP or unit) \$19.95