



Comfort Formula®

Anti depressant

30 Film Coated Tablets



Research shows that using St. John's wort together with phototherapy works even better. St. John's Wort is an MAO inhibitor and should not be used with alcohol and some other foods. It has also been studied for the treatment of other emotional disorders such as anxiety, obsessive-compulsive disorder (OCD), menopausal mood swings, and premenstrual syndrome.

Combining St. John's wort with certain antidepressants can lead to a potentially life-threatening increase of serotonin, a brain chemical targeted by antidepressants.

Contraindications

No contraindications have been reported to date.

Pregnancy and Lactation

St John's wort preparations should not be used during pregnancy and lactation.

Pregnant or lactating women should consult a physician before using this product.

Interaction

No interactions with other medicinal products have been reported to date.

Adverse Effects

No adverse effects have been reported to date.

Precautions

Always read the label and use only as directed. Keep out of reach of children.

Storage

Keep in a cool (below 25° C) and dry place, away from direct sunlight.

Supplement Facts		
Composition per tablet	RDA%	
St John's Wort	333 mg	*

*Recommended daily allowance (RDA) not Stablished.

Presentation

30 Film Coated tablets

Administration

Take one tablet daily with meal.

Marketing Authorization Holder Darman Yab Darou
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References:

- Hypericum Depression Trial Study Group. **Effect of Hypericum perforatum (St. John's wort) in major depressive disorder: a randomized controlled trial.** *Journal of the American Medical Association.* 2002;287(14):1807-1814
- Clauson KA, Santamarina ML, Rutledge JC. **Clinically relevant safety issues associated with St. John's wort product labels.** *BMC Complementary and Alternative Medicine.* 2008;8:42



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dopamine and serotonin levels in the brain, much the same as traditional antidepressants.

Ordinarily, once the message has been delivered, neurotransmitters are re-absorbed and inactivated by the cells that released them. Chemicals in St. John's wort may keep more of these antidepressant neurotransmitters available for the body to utilize. The antidepressive action not only results from the effect on adrenergic transmitter systems (norepinephrine, dopamine, serotonin), but also from an endocrine effect (melatonin).

Multiple studies have shown that St. John's wort may be effective in relieving mild to moderate depression, although maximum antidepressant effects may take several weeks to develop.

Cochrane Researchers studied the results of 29 trials which involved 5,489 patients with major depression. In these studies, St. John's wort was compared to standard antidepressants.

St. John's wort was found to be just as effective and participants were less likely to drop out because of adverse effects.

Relieves PMS symptoms

Because of its positive effects on mood, St. John's wort has been used to alleviate and naturally remedy PMS symptoms, such as depression, chronic fatigue and hormonal imbalance.

Improves mood during Menopause

St. John's wort has been used as an herbal remedy that relieves the psychological and vegetative symptoms of menopause. It helps improve mood and anxiety during menopause.

Seasonal affective disorder (SAD)

Used alone, St. John's wort has improved mood in people with SAD, a type of depression that occurs during the winter months because of lack of sunlight. SAD is usually treated with light therapy.



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Today depression is the most prevalent diseases and the most common psychiatric disorders, especially in populated urban communities due to social and economical problems. Depression can reduce the personal and social performance and lead to dissatisfaction with life.

Changes in mood, lack of concentration, feelings of helplessness and hopelessness, loss of interest in daily activities, appetite or weight changes, sleep changes, anger or irritability, loss of energy and unexplained aches and pains are some symptoms of depression. Long-term use of common antidepressant drugs may cause cardiovascular complications, impaired memory and concentration, dizziness, sexual dysfunction, weight loss or weight gain and drug dependence.

Indications

- Helps treat depression
- Reduces anxiety
- Helps alleviate tension headache and migraine
- Relieves behavioral symptoms associated with PMS
- Relieves the psychological symptoms of menopause
- Sleep disorder

Ingredients

Hypericum perforatum

Common name: St. John's wort

St. John's wort is a plant with yellow flowers whose medicinal uses were first recorded in ancient Greece. Historically, it has been used for centuries to treat mental disorders and nerve pain. Today St. John's wort is used as a folk or traditional remedy for depression, anxiety and sleep disorders. Now it is the number one treatment in Germany and has been extensively studied by Commission

E, the scientific advisory panel to the German government.

Also the European Medicine Agency Committee on Herbal Medicinal products (HMPC) has adopted a Community Herbal monograph for St John's wort. Under well-established use, the monograph specifies the indication of treatment of mild to moderate depressive episode and short term treatment of symptoms in mild depressive disorders.

The medicinal parts include the fresh buds and flowers separated from the inflorescences, the aerial parts collected during the flowering season and dried, and the entire fresh flowering plant.

It contains several chemicals, including hypericin, hyperforin, and pseudohypericin, which are thought to be the major sources of antidepressant activity.



In several studies of laboratory animals and humans, one or more of the chemicals in St. John's wort appeared to inhibit the reuptake of serotonin, dopamine, norepinephrine, and serotonin by nerve cells, which leads to a significant down-regulation of cortical beta- adrenoceptors and serotonin (5HT-2) receptors. This data suggested hyperforin is the active principle of hypericum extracts in biochemical models of antidepressant activity. It is believed these chemicals elevate