Well Mind

St John's Wort Enhanced Formula (Hypoallergenic)

Item # 72790
Available in bottles of 90 capsules

The Possible Benefits of Well Mind, a Dietary Supplement

- Provides herbs that have been shown to support healthy moods and emotions
- Supports enhanced neurotransmitter activity and neurological function
- May provide support for related functions, including regulation of pain, stress, and sleep cycles

Description

Well Mind was formulated by Stephen Levine, PhD, and Daniel Beilin, OMD, as a fast acting formula to support mental processes and functioning. Well Mind provides a synergistic blend of St. John's wort standardized to 0.3% hypericin, kava kava, valerian, passionflower, schizandra, gotu kola, cypripedium and zinc, for safe support of healthy moods.

Zinc is concentrated in the liver, pancreas, kidneys, bone, and muscles, where it plays a crucial role in hundreds of biological enzymatic processes. Zinc salts are well known in Europe for their beneficial effects on mood. Zinc helps control the permeability of the blood–brain barrier and is thought to improve the effectiveness of St. John's wort. Zinc is also involved in the regulation of blood sugar levels.

Standardized **St. John's wort** (*Hypericum perforatum*) has shown potential to benefit those with mild to moderate depression, supporting healthy moods. It is especially utilized by European physicians for this. In numerous placebo-controlled studies it has outperformed placebos and been shown to be at least as effective as standard antidepressants.

St. John's wort has two primary active ingredients, hypericin and hyperforin, that are known to inhibit the breakdown and reuptake of neurotransmitters serotonin and norepinephrine, important brain chemicals that control mood and emotion. St. John's wort also contains melatonin, another substance in the serotonin pathway. Melatonin regulates day/night and sleep/wake cycles and has been researched for its effects on stress, mood, and anxiety. This offers several explanations for the observed ability of St. John's wort to amplify the effect of serotonin in the brain. Additionally, it may 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 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 for mild anxiety, mild insomnia, and nervous and muscular tension. Research has shown that kava can be a powerful aid in controlling symptoms of anxiety and minor depression. It has also been studied for women's complaints including PMS symptoms and problems of menopause. Kava's ability to support relaxation and sleep may result from modulation of emotional processes in the limbic system, the primitive part of the brain that controls our emotions and survival instincts.

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 formulas, and studies show that it may modulate brain function.

Passionflower, or maypop, has shown potential in the control of anxiety and to promote sleep. It is thought to help control pain and spasms. 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.

Schizandra berries have been used for centuries in Traditional Chinese Medicine to support kidney, liver and lung function, and for sedation. Russian scientists have found that Schizandra has adaptogenic qualities, including increasing the capacity of the body to ward off disease and handle environmental, physical and

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mental stress, and increasing mental and physical performance and endurance. It has traditionally been used to improve mental function and memory, for insomnia, and to enhance the senses of sight, hearing and touch. Modern research shows that it has potential to protect the liver from toxins and oxidative damage and to promote liver repair. Schizandra supports the conversion of neurotransmitters in the liver.

Gotu Kola has been traditionally used in India and Indonesia for energy, enhancement of sexual function, and to promote wound healing. It has been shown to support circulation, improve soft tissue inflammation and venous insufficiency, and to be mildly sedating. Gotu kola is not related to kola nut and does not contain caffeine.

Cypripedium is also known as American valerian, ladyslipper, 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 used Cypripedium for insomnia, anxiety, nervous irritability, hysteria, neuralgia, muscle spasms and delirium. They wrote that it could improve the circulation and nutrition of the nerve centers, reducing pain and producing a more calm and cheerful condition of body and mind, favoring tranquility and sleep. Women have used it for nervous tension, headaches or pain accompanying menstrual imbalances. Cypripedium was used especially for nervous problems in children, including teething, intestinal and sleeping problems, and cerebral hyperaesthesia resulting from overstimulation of the brain. It has been found useful in rehabilitation from addiction to stimulant drugs. Cypripedium is thought to act primarily on the medulla of the brain, assisting regulation of breathing, sweating, saliva secretion and heart function.

Each capsule contains:

Zinc (as Zinc Valerate)	60 mcg
St. John's Wort (*Hypericum perforatum*) (leaves and flowers) extract	125 mg
Kava Kava (*Piper methysticum*) (root) extract	60 mg
Valerian (*Valeriana officinalis*) (root) extract	30 mg
Passionflower (*Passiflora incarnata*) (leaves) extract	30 mg
Schizandra (*Schizandra chinensis*) (berries) extract	30 mg
Gotu Kola (*Centella asiatica*) (herb) powdered	15 mg
Cypripedium (*Cypripedium pubescens*) (root) extract	2.5 mg

Other ingredients: Cellulose, magnesium stearate, silicon dioxide.

Suggested Use: As a dietary supplement, 1 to 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.

References available upon request.

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