



FACT SHEET



Product:	Clarodin™
Suitable for:	Helping to relieve symptoms of depression such as anxiety, stress, panic attacks and mood disorders
Ingredients:	Magnolia 100mg St John's Wort 100mg Griffonia seed 200mg (98% %HTP) Dicalcium phosphate Microcrystalline cellulose Magnesium stearate
Recommended dose:	For adults only – take 1 or 2 tablets a day. Do not exceed the stated dose.
Contraindications:	People with a history of manic-depressive illness should avoid St John's Wort as it may trigger a manic episode.

Never stop taking prescribed medications without the advise of your healthcare provider.

Documented side effects: Side effects experienced by most people who take St John's Wort are much milder than those associated with prescription anti-depressants. Possible side effects include stomach upset, fatigue, itching, sleep disturbance and skin rash. St John's Wort can make the skin more sensitive to sunlight.

Drug interactions: Drug interactions are possible between St John's Wort and benzodiazepines, chemotherapy, cyclosporine, some heart drugs, some antihistamines, some antidepressants including prozac, statins, some HIV drugs, omeprazole, oral contraceptives, theophylline and warfarin. 5-HTP should not be taken with other antidepressants without medical supervision.

Always tell your health care providers about any complementary and alternative practices you use. Providing a full picture of what you do to manage your health will help ensure coordinated and safe care.

Further reading:

Xu Q, Yi LT, Pan Y, Wang X, Li YC, Li JM, Wang CP, Kong LD. Antidepressant-like effects of the mixture of honokiol and magnolol from the barks of *Magnolia officinalis* in stressed rodents. *Prog Neuropsychopharmacol Biol Psychiatry*. 2008 Apr 1;32(3):715-25. Epub 2007 Nov 28.

Kalman DS, Feldman S, Feldman R, Schwartz HI, Krieger DR, Garrison R. Effect of a proprietary *Magnolia* and *Phellodendron* extract on stress levels in healthy women: a pilot, double-blind, placebo-controlled clinical trial. *Nutr J*. 2008 Apr 21;7:11.

Kasper S, Dienel A, Kieser M. Continuation and long-term maintenance treatment with *Hypericum* extract WS 5570 after successful acute treatment of mild to moderate depression--rationale and study design. *Int J Methods Psychiatr Res*. 2004;13(3):176-83.

Woelk H. Comparison of St John's wort and imipramine for treating depression: randomised controlled trial. *BMJ*. 2000 Sep 2;321(7260):536-9.

Linde K, Ramirez G, Mulrow CD, Pauls A, Weidenhammer W, Melchart D (1996). "St John's wort for depression--an overview and meta-analysis of randomised clinical trials". *BMJ* **313** (7052): 253–8

Kasper S, Gastpar M, Müller WE, Volz HP, Dienel A, Kieser M, Möller HJ. Efficacy of St. John's wort extract WS 5570 in acute treatment of mild depression: a reanalysis of data from controlled clinical trials. *Eur Arch Psychiatry Clin Neurosci*. 2008 Feb;258(1):59-63. Epub 2007 Dec 14.

Linde K, Mulrow CD, Berner M, Egger M (2005). "St John's wort for depression". *Cochrane Database Syst Rev* (2): CD000448

Shaw K, Turner J, Del Mar C. Tryptophan and 5-hydroxytryptophan for depression. *Cochrane Database Syst Rev*. 2002;(1):CD003198.