

# Uplift™

All Natural St. John's Wort

## Who is Uplift St. John's Wort for?

With depression now widely considered to become the second biggest cause of disability after heart disease, the symptoms of depression are many and varied, with the causes ranging through nutritional insufficiencies, high stress lifestyle, childbirth, menopause, pharmaceutical drugs to unresolved grief and more. While a confirmed diagnosis of clinical depression requires professional assessment and treatment, St. John's Wort has been seen as a potential option for mild depression.

### What is Uplift?

Uplift is a 100% pure St. John's Wort powder with concentrated levels of all actives (including hypericin + pseudo hypericin 0.3% by HPLC and hyperforin 5% by HPLC) in the same ratios as they exist in the herb. Uplift contains no chemicals, alcohol, extractives, solvents, excipients, additive, colorings, fillers or preservatives – just the 100% natural herbal powder and the vegetarian capsule.

### How does Uplift help you?

Preparations from St. John's Wort (*Hypericum perforatum*) extracts are used in the treatment of mild depression in many countries. They have been shown to elevate mood and represent an accepted alternative to some pharmaceutical antidepressants or behavioural therapy.

### How is Uplift different?

NHI does not use any extraction methods to concentrate one or two actives. Rather, through our proprietary process, we increase the entire spectrum of actives, in the same naturally occurring ratios to maintain the synergistic actions of the entire herb, ensuring that Uplift delivers therapeutic efficacy of all psychoactive agents that contribute to the antidepressant activity of St. John's Wort in a complex manner.

### How does Uplift work?

While two active constituents of St. John's Wort (hypericin and hyperforin) have been widely studied, and their ability to modulate neuronal uptake of serotonin, dopamine and noradrenaline confirmed, the complex and complete St. John's Wort demonstrates additive or synergistic effects of several compounds.

### What dose should you take?

Our recommended daily dose is 1 x 300mg slow release capsule twice daily (morning and evening). The recommended daily dose of concentrated pure and chemically-unaltered St. John's Wort contains 3mg hypericin + Pseudo-hypericin and 30mg of hyperforin.

However if you are looking to take Uplift for a specific health reason or in conjunction with other medication, you must consult your practitioner before you begin taking this product.

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

For more detailed information please go to [www.naturalhi.com](http://www.naturalhi.com)

Natural Health International 524 Second Street, San Francisco CA 94107 Email: [info@naturalhi.com](mailto:info@naturalhi.com) Tel: 888 668 3661