

## Holofit Hypericum 400 mg 60 Capsules

EAN: 8436003023333 FABRICANTE: EQUISALUD



*Food supplement developed by Equisalud and formulated with plant extracts, which helps with symptoms related to pre-depressive or depressive states.*

### DESCRIPTION

Holofit St. John's Wort can help with depression, anxiety, irritability, stress, lack of energy and concentration, and loss of interest and enthusiasm.

This product also provides antioxidant properties that have the ability to cause changes in the levels of brain neurotransmitters. In addition, it acts on serotonin receptors.

### Instructions for use and recommended amount

Take three to six capsules daily, preferably before meals, or as directed by a healthcare professional. **Do not take more than six capsules per day .**

### Action:

In mild to moderate depressive states, somatic alterations with symptoms such as agitation, anxiety, irritability, lack of energy and concentration, loss of interest and enthusiasm, stress and other symptoms related to predepressive or depressive states.

### Explanation:

Its main active ingredients are naphthodianthrones, mainly hypericin and pseudohypericin. It also contains flavonoids such as hyperoside, quercitrin, isoquercitrin, myricetin and bioflavonoids, essential oil, hyperforin, xanthonenes, etc.

Numerous studies attribute to it the ability to provoke changes in the levels of brain neurotransmitters. It has an inhibitory effect on monoamine oxidase (MAO), attributed to flavonoids, xanthonenes and, to a lesser extent, hypericin, and an inhibitor of catechol-O-methyltransferase (COMP). In addition, it seems to act on serotonin receptors and other transmitters, and modulates the expression of certain cytokines.

**Amount** 60 capsules

**Presentation** Capsules



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- Composition** St. John's wort extract (*Hypericum perforatum* L.), 75 mg; St. John's wort powder (*Hypericum perforatum* L.), 225 mg.  
Shell: polysaccharide of plant origin (pullulan).  
\*Does not contain gluten, starch, GMOs or colorants.  
\*\*Suitable for vegetarians, diabetics and patients with restrictive diets.
- Warnings** Food supplement based on St. John's Wort. Food supplements should not be used as a substitute for a varied and balanced diet. Do not exceed the expressly recommended daily dose. Keep out of the reach of young children. Consult your doctor and/or pharmacist if taking medication at the same time.
- Conservation** Keep the container tightly closed, in a cool, dry place.

