

ST. JOHN'S WORT

ESSENTIAL OIL

(Hypericum perforatum)



ALTA OILS LTD

www.altaoils.com

APPEARANCE	COLOUR	ODOR
transparent fluid	pale yellow	specific for the plant

Relative density (g/cm ³)	from 0.840 to 0.880
Refractive index (20°C)	from 1.450 to 1.470
Freezing point, °C	from 16.0 to 25.0
Ester value, mg KOH/g	from 7.0 to 24

CONTENTS OF CHARACTERISTIC INGREDIENTS (BY GC), %

2,6 dimethyl heptanes	from 34.6 to 38.5
Nonane	from 2.4 to 2.8
α – pinene	from 18.4 to 20.5
β – pinene	from 8.7 to 9.7
β – caryophyllene	from 3.8 to 4.3
Germacrene D	from 6.3 to 7.1

THERAPEUTIC PROPERTIES

A natural mood booster, St. John's Wort has been used for centuries to treat heavy depression. It can be taken as a tincture for bedwetting, stiff arthritis joints, Bell's palsy, and shingles. Painful muscles and joints react well to the application of this oil. St. John's Wort helps the cardiovascular system by improving the functioning of the heart, blood vessels, and pulse and is acting diuretically.