

# JOHNS-WORT

*Meaning: St. John's-wort is a flowering plant (Hypericum perforatum) commonly used in herbal medicine for its potential antidepressant properties.*

1. St. John's-wort is often used in herbal medicine to treat mild depression.
2. Many people are turning to St. John's-wort as a natural alternative to pharmaceutical antidepressants.
3. The bright yellow flowers of St. John's-wort are a common sight in meadows during the summer.
4. Some studies suggest that St. John's-wort can interact negatively with certain medications.
5. Herbalists recommend St. John's-wort for its potential to alleviate anxiety and improve mood.

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Source: [sentences.whatistheurl.com](https://sentences.whatistheurl.com)

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