

## *Activity 16*

Estimated Time: 10 minutes

One of the most common alternative therapies for depression is the supplement, St. John's wort. In fact, most people who choose an alternative therapy will try this first. This activity will require you to do a bit of additional research about St. John's wort.

Find the answers to the following five questions:

What are the side effects of St. John's wort?

What forms is St. John's wort available in?

Who should NOT take St. John's wort?

Where can one find St. John's wort?

How long can one take St. John's wort?