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ARTICLE: ST JOHN'S WORT VS. PAROXETINE

St John's wort (*Hypericum perforatum*) extract has been found at least as effective as the SSRI paroxetine in a double-blind phase-3 trial on patients with moderate-to-severe major depression.

Both treatments reduced depression total scores, however when dropout rates were analysed, St John's wort had statistical superiority. Moreover, it had about half the adverse events and no photosensitivity reactions were reported.

The researchers concluded that their trial – funded by Schwabe – supported the use of the extract in patients for whom its use was previously disputed, and its better tolerance made it a suitable alternative to standard antidepressants.

REF: BMH, doi:10.1136/bmj.38356.655266.82, publ 11 February