

TREATMENT RESULTS OF 11,296 OUTPATIENTS WITH ST. JOHN'S WORT EXTRACT (LAIF® 600) IN A SINGLE DOSE REGIMEN

K. Zeller

**Steigerwald Arzneimittelwerk GmbH, Havelstr. 5,
64295 Darmstadt, Germany**

Today, St. John's Wort is the first line therapy for mild to moderate depression in Germany. Up to now, two or three doses of the extract had to be administered daily. With the St. John's Wort special extract of Laif® 600 it is now possible to give a single dose daily (drug equivalent of 4g).

The aim of the present post-marketing surveillance was to investigate the tolerance and the improvement of depressive symptoms in a very large group of patients.

A total of 11,296 patients was included. They suffered primarily from mild to moderate depressive disorders and were treated for 8 weeks. The applied dose regimen was recommended as one tablet per day.

Mean scores in the symptom-list derived from the Hamilton Depression scale were significantly reduced (59 %) from start to the end of surveillance. All three subscores of depressive, somatic and sleep symptoms decreased in a similar manner. 80.7 % of the treating physicians and 76.8 % of the patients rated the efficacy as very good or good. Furthermore Laif® 600 showed an encouraging safety profile. Adverse events were reported only in 0.2 % of the patients and did not show a systematic pattern. No serious adverse events or interactions with accompanying comedication occurred, although it was given frequently.

This is the first St. John's Wort post marketing surveillance of a very large group of outpatients with mild to moderate depressive states. It confirms the established efficacy of St. John's Wort extract. The results of this surveillance suggests that Laif® 600 is a safe and efficacious medication in the treatment of depressive states.