

**Sahan, Y., Izgi, B., Kacar, O. 2011. Determination of total phenolic content and antioxidant capacity of different products of St. John's Wort (*Hypericum perforatum* L.). 4<sup>th</sup> International Congress on Food and Nutrition, 12-14<sup>th</sup> October, 2011, p.116-117 Istanbul, Turkey.**

**Abstract**

*Hypericum perforatum* L. (St. John's Wort) belonging to *Clusiaceae* family, is a herbaceous perennial plant which is widely distributed in Mediterranean region, Europe, Asia, North and South Africa, Western and Eastern North America. St. John's Wort is being used and cultivated as a medicinal plant. It is used to as a antidepressant and cure ulcers, diabetes mellitus, the common cold , gastrointestinal disorders, jaundice, hepatic and biliary disorders and especially for wound healing in Turkish folk medicine. In our study, investigation of total phenolic content and antioxidant capacity of different products such as plant (flowering segment), herbal tea, oil extract and commercial food supplement and tea of *Hypericum perforatum* L. Folin-Ciocalteu method was used for total phenolic content. Antioxidant capacity assay was stated according to CUPRAC, ABTS methods. Furthermore, cadmium content was also determined because of its capability of cadmium accumulation.