



# Kira Low Mood Relief

## Uses

A traditional herbal medicinal product used to relieve the symptoms of slightly low mood and mild anxiety, based on traditional use only.

## Dosage

Adults and elderly: 1 tablet daily swallowed whole with some water or other liquid.

## Format and Ingredients

Film-coated tablet containing:

St. John's Wort aerial parts extract (Hypericum Perforatum L.) (3-6:1) 450mg, equivalent to St John's Wort 1350-2700mg, Extraction solvent: Methanol 80% v/v,

**Category:**  
Sleep and Travel

**Manufacturer:**  
PRECISION HEALTHCARE

**Pack size:** 30

**RRP:** £16.50

**Legal Status:** (THR)