

# Kira Low Mood Relief



**Category**  
Sleep and Travel  
**Manufacturer**  
PRECISION  
HEALTHCARE  
**Pack size**  
30  
**RRP**  
£15.31  
**Legal Status**  
(THR)



## Uses

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



## Format and Ingredients and %NRV

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,



## Dosage

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