

# Kira Menopause Relief



**Category**  
Female Health and  
Genitourinary  
**Manufacturer**  
PRECISION  
HEALTHCARE  
**Pack size**  
30  
**RRP**  
£10.20  
**Legal Status**  
(THR)



## Uses

Traditional herbal medicinal product used for the relief of symptoms of the menopause, such as hot flushes, night sweats and temporary changes in mood, based on traditional use only.



## Format and Ingredients

Film coated tablet containing:

Black Cohosh Rhizome and Root Dry Extract (*Cimicifuga racemosa* (L.) Nutt.) (4.5-8.5:1) 6.5mg, equivalent to Black Cohosh 29.25-55.25mg, Extraction solvent: Ethanol 60% v/v,



## Dosage

Women: 1 tablet daily taken whole with some water or other liquid. Tablets should be taken at the same time every day and swallowed whole.