



## Kira Low Mood Relief

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### 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,