



Kira Menopause Relief

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.

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.

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,