

# Counter Intelligence PLUS | 2025



The training guide for pharmacy assistants



# **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: £15.31

Legal Status: (THR)



