



Patient Information Leaflet



Low Mood Relief

ST. JOHN'S WORT EXTRACT 450 mg
Film-coated tablets

Read all of this leaflet carefully before you start taking this medicine because it contains important information for you.

- Keep this leaflet. You may need to read it again.
- If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. See section 4.
- You must talk to a doctor if you do not feel better or if you feel worse after 6 weeks.

What is in this leaflet

1. What Kira® Low Mood Relief is and what it is used for
2. What you need to know before you take Kira® Low Mood Relief
3. How to take Kira® Low Mood Relief
4. Possible side effects
5. How to store Kira® Low Mood Relief
6. Contents of the pack and other information

1. What Kira® Low Mood Relief is and what it is used for

This product is a traditional herbal medicinal product containing St. John's Wort extract. Each film-coated

tablet contains 450mg extract (as dry extract) from St. John's Wort aerial parts (*Hypericum perforatum* L.) (3-6:1) (equivalent to 1350–2700 mg of St. John's Wort). Extraction solvent: Methanol 80 % v/v.

Kira® Low Mood Relief is a traditional herbal medicinal product used to relieve the symptoms of slightly low mood and mild anxiety. This usage is based on traditional use only.

You must talk to a doctor if you do not feel better or if you feel worse after 6 weeks.

2. What you need to know before you take Kira® Low Mood Relief

Do not take Kira® Low Mood Relief if:

- You are allergic to peanut and soya
- You are allergic to St. John's Wort or any of the other ingredients (listed in section 6)
- You are under 18 years of age
- You are pregnant or breast-feeding
- Your skin is exceptionally sensitive to sunlight (photosensitive)
- You are having light treatment (phototherapy) for any condition
- You are suffering from depression (see below)

Warnings and precautions

Are you suffering from depression?

Symptoms of depression include feelings of helplessness and hopelessness, loss of interest in daily activities, appetite or weight changes, sleep changes, loss of energy and difficulty concentrating. **If your doctor has told you that you are suffering from depression do not take this product. If you think you are suffering from depression you should tell your doctor.**

This product contains lactose and soy polysaccharides. Tell your doctor before taking this product if you have an intolerance to some sugars (see section 6). Patients who are allergic to peanut or soya must not use this medicinal product.

While you are taking this product:

- Avoid excessive sunbathing or the use of sunbeds/solariums
- Stop using it at least 10 days prior to undergoing any surgery.

Driving and using machines

St. John's Wort may make you feel dizzy or sleepy. If affected do not drive or use machines.

Other medicines and Kira® Low Mood Relief

Tell your doctor or pharmacist if you are taking, have recently taken or might take any other medicines.

DO NOT TAKE THIS PRODUCT IF YOU ARE TAKING ANY OF THE FOLLOWING MEDICINES	
All hormonal contraceptives	The birth control "Pill", emergency contraception (known as 'the morning after pill'), hormonal implants, creams, patches, intra-uterine devices with hormones
All medicines for depression/anxiety	Amitriptyline, clomipramine, moclobemide, citalopram, escitalopram, fluoxetine, fluvoxamine, paroxetine, sertraline, duloxetine, venlafaxine
All hormonal replacement therapy (HRT) treatments	HRT tablets, patches, gels, vaginal rings
All medicines for thinning the blood (anticoagulants)	Warfarin, acenocoumarol
All medicines for epilepsy	Carbamazepine, phenobarbitone, phenytoin, primidone, sodium valproate
All immunosuppressant medicines	Ciclosporin, tacrolimus
All medicines for HIV infections	Amprenavir, atazanavir, darunavir, fosamprenavir, indinavir, lopinavir, nelfinavir, ritonavir, saquinavir, tipranavir, efavirenz, nevirapine, delavirdine
Some medicines for cholesterol	Simvastatin, atorvastatin
Some medicines for cancer	Irinotecan, dasatinib, erlotinib, imatinib, sorafenib, sunitinib, etoposide, mitotane
Some medicines for heart disease	Digoxin, ivabradine, amiodarone
Some medicines for migraines	Almotriptan, eletriptan, frovatriptan, naratriptan, rizatriptan, sumatriptan, zolmitriptan
Some medicines for high blood pressure	Amlodipine, nifedipine, felodipine, verapamil
A medicine for regulating mood	Lithium
A thyroid hormone	Thyroxine

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