WHAT IS CLAIMED IS:

1. A kit for use in treating at least one menstrual-induced symptom in a subject comprising at least one unit dosage comprising a therapeutically effective amount of 3-methylmethcathinone (3-MMC) and instructions for the administration of said 3-MMC before, during or following the time at which said menstrual-cycle-induced symptom is expected to occur, or has occurred, and packaging material.

2. The kit for use of claim 1 further comprising a device for determining the time at which said at least one menstrual-cycle-induced symptom is expected to occur, or has occurred in said subject.

3. The kit for use of claim 1 or 2, accompanied by a digital computer interface for recording chronology and character of said at least one menstrual-cycle-induced symptom.

4. The kit of claim 3, wherein said interface is of a cellular phone application, the kit further comprising a barcode for downloading or activating said application.

5. The kit for use of any one of claims 1-4, wherein said unit dosage comprises between 5 and 100 mg 3-MMC.

6. The kit for use of any one of claims 1-4, wherein said unit dosage comprises between 10 and 60 mg 3-MMC.

7. The kit for use of any one of claims 1-4, wherein said unit dosage comprises 12.5 mg 3-MMC.

8. The kit for use of any one of claims 1-4, wherein said unit dosage comprises 25 mg 3-MMC.

9. The kit for use of any one of claims 1-4, wherein said unit dosage comprises 50 mg 3-MMC.

10. The kit for use of any one of claims 1-4, comprising at least one unit dosage of 12.5 mg 3-MMC and at least one unit dosage of 25 mg 3-MMC.

11. The kit for use of any one of claims 1-4, comprising at least one unit dosage of 25 mg 3-MMC and at least one unit dosage of 50 mg 3-MMC.

12. A kit for use in treating at least one premenopausal-, perimenopausal-, and menopausal-induced symptom in a subject in need thereof comprising at least one unit dosage comprising a therapeutically effective amount of 3-methylmethcathinone (3-MMC).

13. The kit for use of claim 12, wherein said unit dosage comprises between 5 and 100 mg 3-MMC, 10 and 60 mg 3-MMC or 12.5 mg 3-MMC.

14. The kit for use of claim 12, comprising at least one unit dosage of 12.5 mg 3-MMC and at least one unit dosage of 25 mg 3-MMC.

15. The kit for use of claim 12, comprising at least one unit dosage of 25 mg 3-MMC and at least one unit dosage of 50 mg 3-MMC.