Kira Restful Sleep

Category

Sleep and Travel

Manufacturer

PRECISION HEALTHCARE

Pack size

25

RRP

£6.80

Legal Status

Uses

A traditional herbal medicinal product used for the relief of temporary sleep disturbances due to symptoms of mild anxiety based on traditional use only.

Format and Ingredients

Coated tablet containing:

Valerian root dry extract (Valeriana officinalis L.) 300mg, equivalent to Valerian Root 900-1800mg, Extraction solvent: Ethanol 70% v/v,

Dosage

Adults and the elderly: 1-2 tablets half an hour before bedtime. If necessary, an additional dose can be taken earlier in the evening. The tablets should be swallowed whole with some water or other liquid. Do not chew. As the effects of the product may not occur immediately, the tablets may be taken continuously for 2-4 weeks

Product data © Communications International Group