



# Kalms Night One-A-Night

## Uses

A traditional herbal medicinal product used for the temporary relief of sleep disturbances, based on traditional use only.

## Dosage

Over 18 years: 1 tablet to be taken 30-60 minutes before bedtime.  
One additional tablet can be taken earlier during the evening if necessary.  
As treatment effects may not be apparent immediately, Kalms Night One-A-Night should be taken for 2-4 weeks continuously.  
Under 18 years: not recommended.

## Format and Ingredients

White film-coated tablet containing:  
Valerian root (Valeriana officinalis L.) as dry extract 385mg,

**Category:**  
Sleep and Travel

**Manufacturer:**  
G R LANE HEALTH PRODUCTS LTD

**Pack size:** 14, 28

**RRP:** £5.49, £9.99

**Legal Status:** (GSL), (GSL)