

## **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

18 years and over: 1 tablet 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**

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: £5.79, £10.49

Legal Status: (GSL), (GSL)