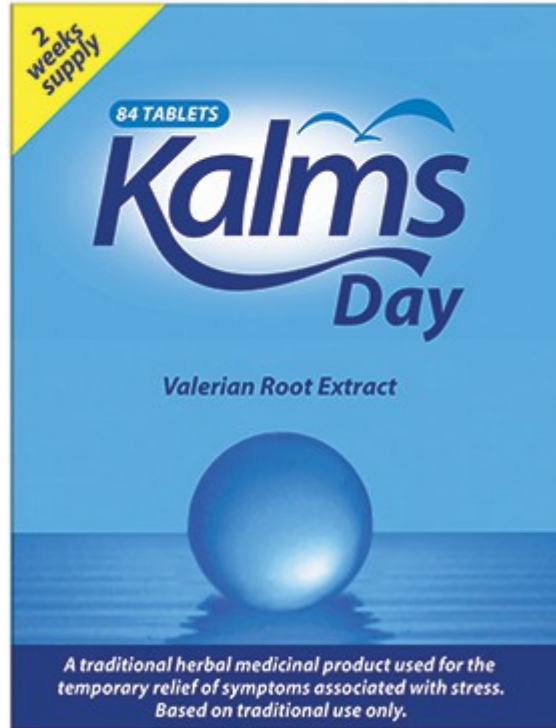


# Kalms Day



<b>Category</b>	Sleep and Travel
<b>Manufacturer</b>	G R LANE HEALTH PRODUCTS
<b>Pack size</b>	84, 200
<b>RRP</b>	£6.35, £9.35
<b>Legal Status</b>	(GSL), (GSL)

## Uses

A traditional herbal medicinal product used for the temporary relief of symptoms associated with stress, based on traditional use only.

## Format and Ingredients

Sugar coated tablet containing:

Valerian Root Extract (Valeriana Officinalis L.) 33.75mg,

## Dosage

Over 18 years: 2 tablets 3 times a day with water after meals.  
Maximum daily dose is 6 tablets.  
Under 18 years: not suitable.