

# Sominex Herbal



<b>Category</b>	Sleep and Travel
<b>Manufacturer</b>	TEVA UK LTD
<b>Pack size</b>	30
<b>RRP</b>	£4.89
<b>Legal Status</b>	(THR)

## Uses

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

## Format and Ingredients

Tablet containing:

Hop Strobile (*Humulus Lupulus L.*) as dry extract 34mg, Extraction solvent: Methanol 30%v/v, Valerian root (*Valeriana Officinalis L.*) as dry extract 30.8mg, Extraction solvent: Ethanol 60%v/v, Extraction solvent: Ethanol 70%v/v,

## Dosage

Over 18 years: 2 tablets one hour before going to bed.  
Under 18 years: not recommended.