

Counter Intelligence PLI 10 2025 The training guide for pharmacy assistants







Kalms Night

Uses

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

Dosage

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

Format and Ingredients

White film-coated tablet containing: Valerian Root Extract (Valeriana officinalis L.) 96mg,

Category: Sleep and Travel

Manufacturer: G R LANE HEALTH PRODUCTS

Pack size: 56

RRP: £5.99

Legal Status: (GSL)





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