

# Nytol Herbal Simply Sleep & Calm Elixir



**Category**  
Sleep and Travel  
**Manufacturer**  
PERRIGO  
**Pack size**  
100ml  
**RRP**  
£7.49  
**Legal Status**



## Uses

A traditional herbal medicinal product used for the temporary relief of symptoms of mild anxiety and to aid sleep based on traditional use only.



## Format and Ingredients

Elixir containing in 5ml:  
  
Dried Valerian Root Tincture 1.5ml,



## Dosage

18 years and over: to aid sleep: two 5ml spoonfuls 30 minutes before bedtime. Maximum daily dose 4 single doses.  
Under 18 years: not recommended.