

# Rescue Peaceful Night Capsules



**Category**

Vitamins, Minerals and  
Nutritionals, Sleep and  
Travel

**Manufacturer**

A NELSON & CO LTD

**Pack size**

30

**RRP**

£18.99

**Legal Status**



**Uses**



**Format and Ingredients and %NRV**

Capsule containing:

Ashwagandha Root Extract 50mg, equivalent to  
Ashwagandha Root 600mg, Lemon Balm leaf extract 15mg,  
equivalent to Lemon Balm leaves 45mg, Chamomile flower  
extract 50mg, equivalent to Chamomile flowers 200mg,  
Magnesium 56.5mg 15, Vitamin B6 1.4mg 100, Rescue night  
flower essences,



**Dosage**

Over 12 years: 1 capsule before bedtime.