

# Kalms Night One-A-Night



**Category**  
Sleep and Travel  
**Manufacturer**  
G R LANE HEALTH  
PRODUCTS  
**Pack size**  
21  
**RRP**  
£5.63  
**Legal Status**  
(GSL)



## Uses

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



## Format and Ingredients

White film-coated tablet containing:  
Valerian root (*Valeriana officinalis* L.) as dry extract 385mg,



## Dosage

Over 18 years: 1 tablet to be taken 30-60 minutes before bedtime.  
One additional tablet can be taken earlier during the evening if necessary.  
As treatment effects may not be apparent immediately, Kalms Night One-A-Night should be taken for 2-4 weeks continuously.  
Under 18 years: not recommended.