

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.