

Kalms Night



Category

Sleep and Travel

Manufacturer

G R LANE HEALTH
PRODUCTS LTD

Pack size

56

RRP

£5.99

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 Extract (*Valeriana officinalis* L.) 96mg,

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.