

# 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 for use in the temporary relief of symptoms of mild anxiety and to aid sleep in adults, exclusively based on long-standing use as a traditional remedy.

## Format and Ingredients

Elixir containing in 5ml:

Dried Valerian Root Tincture 1.5ml,

## Dosage

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