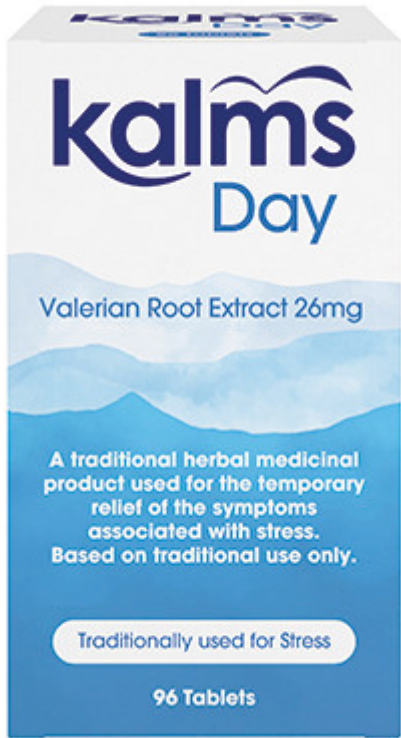


# Kalms Day



**Category**

Sleep and Travel

**Manufacturer**

G R LANE HEALTH  
PRODUCTS LTD

**Pack size**

96, 168

**RRP**

£7.29, £9.79

**Legal Status**

(GSL), (GSL)



**Uses**

A traditional herbal medicinal product used for the temporary relief of symptoms associated with stress, based on traditional use only.



**Format and Ingredients**

Tablet containing:

Valerian Root Extract (*Valeriana officinalis* L.) 26mg,



**Dosage**

18 years and over: 2 tablets 3 times a day with water after meals. Maximum daily dose is 6 tablets. As treatment effects may not be apparent immediately, Kalms Day should be taken for 2-4 weeks continuously. Under 18 years: not suitable.