

# Kalms Night One-A-Night



## Category

Sleep and Travel

## Manufacturer

G R LANE HEALTH  
PRODUCTS LTD

## Pack size

14, 28

## RRP

£5.79, £10.49

## Legal Status

(GSL), (GSL)



## Uses

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



## Format and Ingredients

Tablet containing:

Valerian root (*Valeriana officinalis* L.) as dry extract 385mg,



## Dosage

18 years and over: 1 tablet 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.