

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.