

# Nytol Herbal Simply Sleep One-A-Night



**Category**  
Sleep and Travel  
**Manufacturer**  
PERRIGO  
**Pack size**  
21  
**RRP**  
£7.49  
**Legal Status**  
(GSL)



## Uses

A traditional herbal medicinal product for use in the temporary relief of sleep disturbances in adults, exclusively based on long-standing use as a traditional remedy.



## Format and Ingredients

Tablet containing:  
  
Valerian Root Extract 385mg,



## Dosage

18 years and over: 1 tablet 30-60 minutes before bedtime. 1 additional tablet can be taken earlier in the evening if necessary. Effects may not be apparent immediately, so this product should be taken for 2-4 weeks continuously. Under 18 years: not suitable.