

# 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.