

Kalms Night

**Category**

Sleep and Travel

Manufacturer

G R LANE HEALTH
PRODUCTS

Pack size

50

RRP

£5.30

Legal Status

(GSL)

**Uses**

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

**Format and Ingredients**

White film-coated tablet containing:

Valerian Root Extract (*Valeriana officinalis* L.) 96mg,

**Dosage**

Over 18 years: 4 tablets to be taken 30-60 minutes before bedtime.

Four additional tablets can be taken earlier in the evening if necessary.

As treatment effects may not be apparent immediately, Kalms Night should be taken for 2-4 weeks continuously.

Under 18 years: not recommended.