# Counter Intelligence PLUS | 2025

The training guide for pharmacy assistants



Traditional herbal medicinal product used for the temporary relief of sleep disturbances

## **Kalms Night**

#### Uses

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

#### 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.

### Format and Ingredients

White film-coated tablet containing: Valerian Root Extract (Valeriana officinalis L.) 96mg,

Category: Sleep and Travel

Manufacturer: G R LANE HEALTH PRODUCTS Pack size: 50

**RRP:** £5.30

Legal Status: (GSL)



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