# Counter Intelligence PLUS | 2025

The training guide for pharmacy assistants



Realized on traditional use onto

## Kalms Night One-A-Night

#### Uses

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

#### Dosage

Over 18 years: 1 tablet to be taken 30-60 minutes before bedtime.

One additional tablet can be taken earlier during the evening if necessary.

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

Under 18 years: not recommended.

### Format and Ingredients

White film-coated tablet containing: Valerian root (Valeriana officinalis L.) as dry extract 385mg,

Category: Sleep and Travel

Manufacturer: G R LANE HEALTH PRODUCTS Pack size: 21 RRP: £5.63

Legal Status: (GSL)



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