



# Counter Intelligence PLUS | 2025

The training guide for pharmacy assistants



## Sominex Herbal

### Uses

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

### Dosage

Over 18 years: 2 tablets one hour before going to bed. For short-term use only. Under 18 years: not recommended.

### Format and Ingredients

Tablet containing:

Hop Strobile (*Humulus Lupulus* L.) as dry extract 34mg, Extraction solvent: Methanol 30% v/v, Valerian root (*Valeriana officinalis* L.) as dry extract 30.8mg, Extraction solvent: Ethanol 60% v/v, Passion Flower (as dry extract) 18.2mg, Extraction solvent: Ethanol 70% v/v,

**Category:**  
Sleep and Travel

**Manufacturer:**  
TEVA UK LTD

**Pack size:** 30

**RRP:** £4.89

**Legal Status:** (THR)

