



# Counter Intelligence PLUS | 2025

The training guide for pharmacy assistants



## Nytol One-A-Night

### Uses

An aid to the relief of temporary sleep disturbance.

### Dosage

Over 16 years: 1 tablet with water, 20 minutes before going to bed. Under 16 years: not to be given.

### Format and Ingredients

Tablet containing:  
Diphenhydramine Hydrochloride 50mg,

**Category:**  
Sleep and Travel

**Manufacturer:**  
PERRIGO

**Pack size:** 20

**RRP:** £6.89

**Legal Status:** (P)