

# Nytol Herbal Simply Sleep & Calm Elixir

**Category**

Sleep and Travel

**Manufacturer**

PERRIGO

**Pack size**

100ml

**RRP**

£5.99

**Legal Status****Uses**

A traditional herbal medicinal product used for the temporary relief of symptoms of mild anxiety and to aid sleep based on traditional use only.

**Format and Ingredients**

Elixir containing in 5ml:

Dried Valerian Root Tincture 1.5ml,

**Dosage**

18 years and over: to aid sleep: two 5ml spoonfuls 30 minutes before bedtime. Maximum daily dose 4 single doses.  
Under 18 years: not recommended.