



## 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  
LTD

**Pack size:** 21

**RRP:** £5.76

**Legal Status:** (GSL)