

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, stress & anxiety

Manufacturer:
G R LANE HEALTH PRODUCTS LTD

Pack size: 21

RRP: £5.76

Legal Status: (GSL)

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