

Nytol Herbal Simply Sleep One-A-Night

Uses

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

Dosage

Adults and the elderly: 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, the herbal medicinal product should be taken for 2-4 weeks continuously.

Format and Ingredients

Tablet containing:
Valerian Root Extract 385mg,

Category:
Sleep, stress & anxiety

Manufacturer:
PERRIGO

Pack size: 21

RRP: £6.49

Legal Status: (GSL)

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