



## Kalms Night

### Uses

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

### Dosage

Over 18 years: 4 tablets to be taken 30-60 minutes before bedtime. Four additional tablets can be taken earlier in the evening if necessary. As treatment effects may not be apparent immediately, Kalms Night should be taken for 2-4 weeks continuously. Under 18 years: not recommended.

### Format and Ingredients

White film-coated tablet containing:  
Valerian Root Extract (*Valeriana officinalis* L.) 96mg,

**Category:**  
Sleep and Travel

**Manufacturer:**  
G R LANE HEALTH PRODUCTS  
LTD

**Pack size:** 56

**RRP:** £5.99

**Legal Status:** (GSL)