

Nytol Herbal Simply Sleep One-A-Night



Category
Sleep and Travel
Manufacturer
PERRIGO
Pack size
21
RRP
£7.49
Legal Status
(GSL)



Uses

A traditional herbal medicinal product for use in the temporary relief of sleep disturbances in adults, exclusively based on long-standing use as a traditional remedy.



Format and Ingredients

Tablet containing:

Valerian Root Extract 385mg,



Dosage

Adults and the elderly: 1 tablet to be taken 30-60 minutes before bedtime. 1 additional tablet can be taken earlier in the evening if necessary. As treatment effects may not be apparent immediately, this product should be taken for 2-4 weeks continuously.