

Nytol Herbal Simply Sleep & Calm Elixir



Category
Sleep and Travel
Manufacturer
PERRIGO
Pack size
100ml
RRP
£7.49
Legal Status



Uses

A traditional herbal medicinal product for use in the temporary relief of symptoms of mild anxiety and to aid sleep in adults, exclusively based on long-standing use as a traditional remedy.



Format and Ingredients

Elixir containing in 5ml:

Dried Valerian Root Tincture 1.5ml,



Dosage

Adults 18 years and over:
to aid sleep: two 5ml spoonfuls 30 minutes before bedtime.
Maximum daily dose 4 single doses. Under 18 years: not recommended.