

Nytol Herbal Simply Sleep One-A-Night

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.

Dosage

18 years and over: 1 tablet 30-60 minutes before bedtime. 1 additional tablet can be taken earlier in the evening if necessary. Effects may not be apparent immediately, so this product should be taken for 2-4 weeks continuously. Under 18 years: not suitable.

Format and Ingredients

Tablet containing:
Valerian Root Extract 385mg,

Category:
Sleep, stress & anxiety

Manufacturer:
PERRIGO

Pack size: 21

RRP: £7.49

Legal Status: (GSL)

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Communications International Group Ltd 2026,
Linen Hall, 162-168 Regent Street, London W1B 5TB