

Kalms Day

Uses

A traditional herbal medicinal product used for the temporary relief of symptoms associated with stress, based on traditional use only.

Dosage

18 years and over: 2 tablets 3 times a day with water after meals. Maximum daily dose is 6 tablets. As treatment effects may not be apparent immediately, Kalms Day should be taken for 2-4 weeks continuously. Under 18 years: not suitable.

Format and Ingredients

Tablet containing:
Valerian Root Extract (Valeriana officinalis L.) 26mg,

Category:
Sleep, stress & anxiety

Manufacturer:
G R LANE HEALTH PRODUCTS LTD

Pack size: 96, 168

RRP: £7.29, £9.79

Legal Status: (GSL), (GSL)

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