



## Kalms Night One-A-Night

### Uses

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

### Dosage

18 years and over: 1 tablet 30-60 minutes before bedtime. One additional tablet can be taken earlier during the evening if necessary. As treatment effects may not be apparent immediately, Kalms Night One-A-Night should be taken for 2-4 weeks continuously. Under 18 years: not recommended.

### Format and Ingredients

Tablet containing:  
Valerian root (*Valeriana officinalis* L.) as dry extract 385mg,

**Category:**  
Sleep and Travel

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

**Pack size:** 14, 28

**RRP:** £5.79, £10.49

**Legal Status:** (GSL), (GSL)