


# Nytol One-A-Night

## Uses

An aid to the relief of temporary sleep disturbance.

## Dosage

Adults and adolescents 16 years and over: 1 tablet with water, 20 minutes before going to bed. Under 16 years: not suitable.

## Format and Ingredients

Tablet containing:
Diphenhydramine Hydrochloride 50mg,

**Category:**
Sleep, stress & anxiety

**Manufacturer:**
PERRIGO

**Pack size:** 20

**RRP:** £8.19

**Legal Status:** (P)

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Linen Hall, 162-168 Regent Street, London W1B 5TB