# Counter Intelligence PLUS | 2025

The training guide for pharmacy assistants





# Kalms Day

#### Uses

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

### Dosage

Over 18 years: 2 tablets 3 times a day with water after meals. Maximum daily dose is 6 tablets. Under 18 years: not suitable.

## Format and Ingredients

Sugar coated tablet containing: Valerian Root Extract (Valeriana officinalis L.) 26mg,

Category: Sleep and Travel

Manufacturer: G R LANE HEALTH PRODUCTS LTD Pack size: 96, 168 RRP: £6.99, £9.39 Legal Status: (GSL), (GSL)



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