

# Kalms Night One-A-Night



**Category**

Sleep and Travel

**Manufacturer**

G R LANE HEALTH  
PRODUCTS LTD

**Pack size**

14, 28

**RRP**

£5.49, £9.99

**Legal Status**

(GSL), (GSL)



**Uses**

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



**Format and Ingredients**

White film-coated tablet containing:

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



**Dosage**

Over 18 years: 1 tablet to be taken 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.