



# Nytol Herbal Simply Sleep & Calm Elixir

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## Uses

A traditional herbal medicinal product for use in the temporary relief of symptoms of mild anxiety and to aid sleep in adults, exclusively based on long-standing use as a traditional remedy.

## Dosage

Adults 18 years and over:  
to aid sleep: two 5ml spoonfuls 30 minutes before bedtime.  
Maximum daily dose 4 single doses. Under 18 years: not recommended.

## Format and Ingredients

Elixir containing in 5ml:  
Dried Valerian Root Tincture 1.5ml,

**Category:**  
Sleep and Travel

**Manufacturer:**  
PERRIGO

**Pack size:** 100ml

**RRP:** £7.49

**Legal Status:**