Kalms Night

Uses

A traditional herbal medicinal product used for the temporary relief of sleep disturbances, based on traditional use only. Under 18 years: not suitable.

Dosage

18 years and over: 4 tablets to be taken 30-60 minutes before bedtime. 4 additional tablets can be taken earlier in the evening if necessary. As treatment effects may not be apparent immediately, Kalms Night should be taken for 2-4 weeks continuously. Under 18 years: not suitable.

Format and Ingredients

Tablet containing:
Valerian Root Extract (Valeriana officinalis L.) 96mg,

Category:
Sleep, stress & anxiety

Manufacturer:
G R LANE HEALTH PRODUCTS LTD

Pack size: 56

RRP: £6.29

Legal Status: (GSL)

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