

# Counter Intelligence PLUS | 2025 The training guide for pharmacy assistants





# **Nytol Herbal Simply Sleep One-A-Night**

#### Uses

A traditional herbal medicinal product for use in the temporary relief of sleep disturbances in adults, exclusively based on long-standing use as a traditional remedy.

## Dosage

18 years and over: 1 tablet 30-60 minutes before bedtime. 1 additional tablet can be taken earlier in the evening if necessary. Effects may not be apparent immediately, so this product should be taken for 2-4 weeks continuously. Under 18 years: not suitable.

## **Format and Ingredients**

Tablet containing: Valerian Root Extract 385mg,

Category:	Pack size: 21
Sleep and Travel	
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