

# Kalms Night



## Category

Sleep and Travel

## Manufacturer

G R LANE HEALTH  
PRODUCTS LTD

## Pack size

56

## RRP

£6.29

## Legal Status

(GSL)



## Uses

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



## Format and Ingredients

Tablet containing:

Valerian Root Extract (*Valeriana officinalis* L.) 96mg,



## 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.