

# Kalms Day



## Category

Sleep and Travel

## Manufacturer

G R LANE HEALTH  
PRODUCTS LTD

## Pack size

96, 168

## RRP

£7.29, £9.79

## Legal Status

(GSL), (GSL)



## Uses

A traditional herbal medicinal product used for the temporary relief of symptoms associated with stress, based on traditional use only.



## Format and Ingredients

Tablet containing:

Valerian Root Extract (*Valeriana officinalis* L.) 26mg,



## Dosage

18 years and over: 2 tablets 3 times a day with water after meals. Maximum daily dose is 6 tablets. As treatment effects may not be apparent immediately, Kalms Day should be taken for 2-4 weeks continuously. Under 18 years: not suitable.