



## Kalms Day

### Uses

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

### 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.

### Format and Ingredients

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

**Category:**  
Sleep and Travel

**Pack size:** 96, 168

**Manufacturer:**  
CPLANE HEALTH PRODUCTS

**RRP:** £7.29, £9.79

**Legal Status:** (GSL), (GSL)



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