



## Kalms Day

### Uses

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

### Dosage

Over 18 years: 2 tablets 3 times a day with water after meals. Maximum daily dose is 6 tablets. Under 18 years: not suitable.

### Format and Ingredients

Sugar coated tablet containing:  
Valerian Root Extract (*Valeriana officinalis* L.) 26mg,

**Category:**  
Sleep and Travel

**Manufacturer:**  
G R LANE HEALTH PRODUCTS  
LTD

**Pack size:** 96, 168

**RRP:** £6.99, £9.39

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