



# Nytol One-A-Night

## Uses

A clinically proven sleep aid for the relief of temporary sleeplessness.

## Dosage

16 years and over: 1 tablet with water, 20 minutes before going to bed. Under 16 years: not suitable.

## Format and Ingredients

Tablet containing:  
Diphenhydramine Hydrochloride 50mg,

**Category:**  
Sleep and Travel

**Manufacturer:**  
PERRIGO

**Pack size:** 20

**RRP:** £8.19

**Legal Status:** (P)



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