

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.