



## Kalms Night

### Uses

A traditional herbal medicinal product used for the temporary relief of sleep disturbances, based on traditional use only.  
Under 18 years: not suitable.

### 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.

### Format and Ingredients

Tablet containing:  
Valerian Root Extract (*Valeriana officinalis* L.) 96mg,

**Category:**  
Sleep and Travel

**Pack size:** 56

**Manufacturer:**  
CPLANE HEALTH PRODUCTS

**RRP:** £6.29

**Legal Status:** (GSL)

