



## Nytol One-A-Night

### Uses

An aid to the relief of temporary sleep disturbance.

### Dosage

Adults and adolescents 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, stress & anxiety

**Manufacturer:**  
PERRIGO

**Pack size:** 20

**RRP:** £8.19

**Legal Status:** (P)