# Kalms Night One-A-Night

## Uses

A traditional herbal medicinal product used for the temporary relief of sleep disturbances, based on traditional use only.

## Dosage

18 years and over: 1 tablet 30-60 minutes before bedtime. 1 additional tablet can be taken earlier during the evening if necessary. As treatment effects may not be apparent immediately, Kalms Night One-A-Night should be taken for 2-4 weeks continuously. Under 18 years: not recommended.

## Format and Ingredients

Tablet containing:
Valerian root (Valeriana officinalis L.) as dry extract 385mg,

**Category:**
Sleep, stress & anxiety

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

**Pack size:** 14, 28

**RRP:** £5.79, £10.49

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

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