

Kalms Day



Category
Sleep and Travel
Manufacturer
G R LANE HEALTH
PRODUCTS
Pack size
84, 200
RRP
£6.35, £9.35
Legal Status
(GSL), (GSL)



Uses

A traditional herbal medicinal product used for the temporary relief of symptoms associated with stress, based on traditional use only.



Format and Ingredients

Sugar coated tablet containing:
Valerian Root Extract (*Valeriana officinalis* L.) 33.75mg,



Dosage

Over 18 years: 2 tablets 3 times a day with water after meals.
Maximum daily dose is 6 tablets.
Under 18 years: not suitable.