

# Nytol Herbal Simply Sleep One-A-Night



**Category**  
Sleep and Travel  
**Manufacturer**  
PERRIGO  
**Pack size**  
21  
**RRP**  
£5.99  
**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 385mg,



## Dosage

Adults and the elderly: 1 tablet to be taken 30-60 minutes before bedtime. One additional tablet can be taken earlier during the evening if necessary. As treatment effects may not be apparent immediately, the herbal medicinal product should be taken for 2-4 weeks continuously.