

# Nytol One-A-Night



**Category**  
Sleep and Travel  
**Manufacturer**  
PERRIGO  
**Pack size**  
20  
**RRP**  
£6.89  
**Legal Status**  
(P)



## Uses

An aid to the relief of temporary sleep disturbance.



## Format and Ingredients

Tablet containing:  
Diphenhydramine Hydrochloride 50mg,



## Dosage

Over 16 years: 1 tablet with water, 20 minutes before going to bed. Under 16 years: not to be given.