

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.