



## Kalms Day

### Uses

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

### 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.

### Format and Ingredients

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

**Category:**  
Sleep and Travel

**Manufacturer:**  
G R LANE HEALTH PRODUCTS

**Pack size:** 84, 200

**RRP:** £6.35, £9.35

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