



## Kalms Night

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### Uses

A traditional herbal medicinal product used for the temporary relief of sleep disturbances, based on traditional use only.

### Dosage

Over 18 years: 4 tablets to be taken 30-60 minutes before bedtime.

Four additional tablets can be taken earlier in the evening if necessary.

As treatment effects may not be apparent immediately, Kalms Night should be taken for 2-4 weeks continuously.

Under 18 years: not recommended.

### Format and Ingredients

White film-coated tablet containing:

Valerian Root Extract (*Valeriana officinalis* L.) 96mg,