



## Sominex Herbal

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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: 2 tablets one hour before going to bed. For short-term use only. Under 18 years: not recommended.

### Format and Ingredients

Tablet containing:

Hop Strobile (*Humulus Lupulus* L.) as dry extract 34mg,  
Extraction solvent: Methanol 30% v/v, Valerian root (*Valeriana officinalis* L.) as dry extract 30.8mg, Extraction solvent:  
Ethanol 60% v/v, Passion Flower (as dry extract) 18.2mg,  
Extraction solvent: Ethanol 70% v/v,