



# Nytol One-A-Night

## Uses

An aid to the relief of temporary sleep disturbance.

## Dosage

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

## Format and Ingredients

Tablet containing:  
Diphenhydramine Hydrochloride 50mg,

Category:  
Sleep and Travel

Pack size: 20

RRP: £6.89

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