



## Kalms Day

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### 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,