

# Kalms Day



**Category**  
Sleep and Travel  
**Manufacturer**  
G R LANE HEALTH  
PRODUCTS  
**Pack size**  
84, 200  
**RRP**  
£6.35, £9.35  
**Legal Status**  
(GSL), (GSL)



## Uses

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



## Format and Ingredients

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



## 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.