

5. How to store Kalms Night

Keep out of the reach and sight of children.

Do not take Kalms Night after the expiry date which is stated on the packaging.

Do not store above 25°C.

Store in the original package.

6. Further Information

What Kalms Night contains

The active substance per tablet is:

Dry extract from Valerian root..... 96 mg
(*Valeriana officinalis* L.) (equivalent to 384 - 480mg
of Valerian root) Extraction solvent: Ethanol 60%v/v
Excipients: Maltodextrin, Colloidal Anhydrous Silica.

The other ingredients are:

Core: Croscarmellose Sodium, Magnesium Stearate,
Silicified Microcrystalline Cellulose, Talc and
Silicon Dioxide.

Coating: Hypromellose, Talc, Titanium Dioxide,
Macrogol, Saccharine Sodium.

What Kalms Night looks like and contents of the pack

Kalms Night tablets are white circular film coated
tablets. They are available in bottles containing
50, 100 and 200 tablets. Not all pack sizes may
be marketed.

Traditional Herbal Registration holder and Manufacturer

G. R. Lane Health Products Limited,
Sisson Road, Gloucester, GL2 0GR,
United Kingdom.

Tel: +44 (0)1452 524012

Email: kalmsnight@laneshealth.com



Certification Mark

Kalms Night

Valerian Root Extract 96 mg

**For a large print, Braille or audio version of
this leaflet please telephone 01452 524012**

**Read all of this leaflet carefully because it
contains important information for you.**

This medicine is available without prescription.
However you still need to take Kalms Night carefully to
get the best results from it.

- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need more information
or advice.
- You must contact a doctor if your symptoms worsen
or do not improve after 4 weeks.
- If any of the side effects become serious, or if you
notice any side effect not listed in this leaflet, please
tell your doctor or pharmacist.

In this leaflet:

1. What Kalms Night is and what it is used for
2. Before you take Kalms Night
3. How to take Kalms Night
4. Possible side effects
5. How to store Kalms Night
6. Further information

1. What Kalms Night is and what it is used for

Kalms Night is a traditional herbal medicinal product containing valerian root extract, used for the temporary relief of sleep disturbances, based on traditional use only.

2. Before you take Kalms Night

Do not take Kalms Night if you:

- are allergic to any of the ingredients (see Section 6 for a complete list of ingredients).

Taking other medicines

Please tell your doctor or pharmacist if you are taking or have recently taken any other medicines, including:

- medicines which make you drowsy
- medicines obtained without a prescription.

Taking Kalms Night with food and drink

Alcohol may increase the sedative effect of Kalms Night. Therefore, excessive alcohol consumption should be avoided whilst you are taking Kalms Night.

Pregnancy and breast-feeding

Kalms Night is not recommended for use during pregnancy or when breast-feeding. Ask your doctor or pharmacist for advice before taking any medicine.

Driving and using machines

Kalms Night is designed to make you feel sleepy. This could affect your ability to drive or operate machinery. If affected:

- do not drive because Kalms Night could stop you driving safely
- do not operate any tools or machinery.

3. How to take Kalms Night

Swallow 4 tablets 30 to 60 minutes before bedtime. If necessary, on subsequent evenings, swallow 4 additional tablets earlier during the evening.

Not recommended for anyone under 18 years old.

As the effects of this product may not occur immediately, the tablets should be taken continuously for 2-4 weeks.

If you take more Kalms Night than you should

Seek medical advice in the event of an overdose.

If you forget to take Kalms Night

Do not take a double dose to make up for a missed dose.

4. Possible side effects

Like all medicines, Kalms Night can cause side effects, although not everybody gets them.

Tell your doctor if you notice any of the following mild side effects:

- nausea
- abdominal cramps.

If any of the side effects become serious, or if you notice any side effect not listed in this leaflet, please tell your doctor or pharmacist.

You can help to make medicines safer by reporting any side-effects to the Yellow Card Scheme at www.mhra.gov.uk/yellowcard. Alternatively you can get a paper Yellow Card form from your surgery or pharmacy, or call freephone 0800 100 3352 (available 10am-2pm Monday – Friday).