

Kalms

Night

One-A-Night

Valerian Root Extract 385mg

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 One-A-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:

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1. What Kalms Night One-A-Night is and what it is used for

Kalms Night One-A-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 One-A-Night

Do not take Kalms Night One-A-Night if you are:

- allergic to any of the ingredients (see Section 6 for a complete list of ingredients)
- already taking a medicine that makes you sleepy
- taking a medicine for stress or anxiety

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 One-A-Night with food and drink

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

Pregnancy and breastfeeding

Kalms Night One-A-Night is not for use during pregnancy or when breastfeeding.

Driving and using machines

This medicine is used traditionally to help you sleep. Kalms Night One-A-Night may make you feel sleepy or dizzy. If affected, do not drive or operate machines.

3. How to take Kalms Night One-A-Night

The recommended dose is one tablet 30 to 60 minutes before bedtime. If necessary, on subsequent evenings, swallow one additional tablet 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.

Do not take more tablets than the leaflet tells you to.

If you take more Kalms Night One-A-Night than you should

Seek medical advice in the event of an overdose.

If you forget to take Kalms Night One-A-Night

Do not take a double dose to make up for a missed dose. Just take the next dose when it's due.

4. Possible side effects

Like all medicines, this product can have side effects, although not everybody gets them. The following side effects have been reported:

- Nausea (feeling sick)
- Vomiting
- Abdominal Cramps
- Abdominal pain
- Diarrhoea
- Dizziness
- Headache
- Nightmares or vivid dreams

If these persist for more than a few days or become troublesome, stop taking this product.

Reporting of side effects

If you get any side effects, talk to your doctor, pharmacist or qualified healthcare practitioner. This includes any possible side effects not listed in the package leaflet. You can also report side effects directly via the Yellow Card Scheme at www.mhra.gov.uk/yellowcard or search for MHRA Yellow Card in the Google Play or Apple App Store.

By reporting side effects you can help provide more information on the safety of this medicine.

5. How to store Kalms Night One-A-Night

Keep out of the sight and reach of children.

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

Do not store above 25°C.

Do not use if foil strip is damaged.

Store in the original package.

6. Further Information

What Kalms Night One-A-Night contains

The active substance per tablet is:

Dry extract from Valerian root 385mg

(*Valeriana officinalis* L.) (equivalent to 1.54–1.93g 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, Saccharin Sodium.

What Kalms Night One-A-Night looks like and contents of the pack

Kalms Night One-A-Night tablets are white ovaloid film coated tablets. They are available in blister packs containing 14, 21, 28, 42 and 56 tablets. Not all pack sizes may be marketed.

Traditional Herbal Registration holder and Manufacturer

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