



Kalms Day

Valerian Root Extract 26mg

For a large print, Braille or audio versions 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 Day carefully to get the best results from them.

- 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 or qualified healthcare practitioner 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 Day are and what they are used for

Kalms Day contain Valerian Root Extract. A traditional herbal medicinal product used for the temporary relief of; Symptoms associated with stress such as mild anxiety, based on traditional use only.

2. Before you take Kalms Day

Do not take Kalms Day if you are:

- allergic to any of the ingredients (see Section 6 for a complete list of ingredients)
- pregnant or breastfeeding
- under 18 years old
- already taking a medicine for stress or anxiety
- taking a medicine that makes you sleepy

Taking other medicines

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

- medicines obtained without a prescription.

Important information about some of the ingredients:

- This medicine contains sucrose. If you have been told by your doctor that you have an intolerance to some sugars, consult your doctor before taking this product.

Driving and using machines

Kalms Day may make you feel sleepy or dizzy. If affected, do not drive or operate machines.

Additional information:

The sedative effects of this medicine may be increased by alcohol. Therefore alcohol should be avoided whilst taking this medicine.

3. How to take Kalms Day

For the temporary relief of symptoms associated with stress such as mild anxiety;

Adults and the elderly:

- Take 2 tablets three times per day with water after meals.
- For oral short term use only.
 - The tablets should be swallowed whole with some water or other liquid.

- The use of this product in children or adolescents under 18 years of age is not recommended because data is not sufficient and medical advice should be sought.
- As treatment effects may not be apparent immediately, this medicine should be taken for 2-4 weeks continuously.
- **The maximum daily dose is 6 tablets.**
- **Do not take more than the leaflet tells you to.**

Duration of use

If symptoms worsen, or do not improve after 4 weeks, a doctor or a qualified healthcare practitioner should be consulted.

If you take more Kalms Day than you should

If you take too many tablets, consult your doctor or qualified healthcare practitioner as soon as possible. Take this leaflet to show them.

If you forget to take Kalms Day

Do not take a double dose to make up for a missed dose. If you are unsure about anything, consult your doctor or qualified healthcare practitioner for advice.

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 Day

Keep out of the sight and reach of children.

Do not take Kalms Day 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 Day contain:

The active substance per coated tablet is:

- 26mg of extract (as dry extract) from Valerian root (*Valeriana officinalis* L.) (equivalent to 104–130mg of Valerian root) Extraction solvent: Ethanol 60% v/v.

The other ingredients are:

- **Extract:** Maltodextrin, Colloidal Anhydrous Silica.
- **Core:** Hops Extract, Acacia (Spray-dried), Icing Sugar, Magnesium Stearate, Maize Starch, Colloidal Anhydrous Silica, Sodium Starch Glycolate, Stearic Acid.
- **Coating:** Acacia (Spray-dried), Calcium Carbonate (Light), Carnuba Wax, Talc, Sucrose, Titanium Dioxide E171, Yellow Beeswax.

What Kalms Day look like and contents of the pack

Kalms Day are white, circular, sugar coated tablets. They are available in amber glass bottles containing 96, 100, 168 or 200 tablets. Kalms Day are also available in blister packs containing 42, 63 or 84 tablets. Not all pack sizes may be marketed.

Traditional Herbal Registration holder & manufacturer

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