

5. How to store Nytol Herbal Simply Sleep One-A-Night Tablets

Keep out of the sight and reach of children.

Do not take this medicine 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 Nytol Herbal Simply Sleep One-A-Night Tablets contain

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, Saccharine Sodium.

This medicine contains less than 1 mmol sodium (23 mg) per tablet dose, that is to say essentially "sodium-free".

What Nytol Herbal Simply Sleep One-A-Night Tablets looks like and contents of the pack

Nytol Herbal Simply Sleep One-A-Night Tablets are white ovaloid film coated tablets. They are available in blister packs containing 21 tablets.

THR holder and Manufacturer is:

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

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Certification Mark



Herbal Simply Sleep One-A-Night TABLETS Valerian Root Extract 385mg

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 Nytol Herbal Simply Sleep One-A-Night Tablets 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 Nytol Herbal Simply Sleep One-A-Night Tablets are and what are they used for
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6. Further information

Job Name:	3032-04 Nytol Herbal OAN Tablets PIL 6-11-24.ai
Requestor:	GW
Date:	6-11-24
Brief Description:	Sodium Free copy
Size:	163mm x 140mm
Colours:	
	PMS390 PMS349 PMS287
	BLACK

1. What Nytol Herbal Simply Sleep One-A-Night Tablets are and what are they used for

Nytol Herbal Simply Sleep One-A-Night Tablets are a traditional herbal medicinal product containing valerian root, used for the temporary relief of sleep disturbances, based on traditional use only.

2. Before you take Nytol Herbal Simply Sleep One-A-Night Tablets

Do not take this medicine 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 obtained without a prescription.

Taking Nytol Herbal Simply Sleep One-A-Night Tablets with food and drink

Alcohol may increase the sedative effect of Nytol Herbal Simply Sleep One-A-Night Tablets. Therefore, excessive alcohol consumption should be avoided whilst you are taking this medicine.

Pregnancy and breast-feeding

Not for use during pregnancy or when breast-feeding.

Driving and using machines

This medicine is used traditionally to help you sleep. Nytol Herbal Simply Sleep One-A-Night Tablets may make you feel sleepy or dizzy. If affected do not drive or operate machines.

3. How to take Nytol Herbal Simply Sleep One-A-Night Tablets

The recommended dose is one tablet 30 to 60 minutes before bedtime. If necessary, one additional tablet may be taken earlier in the evening. Do not take more than the leaflet tells you to.

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 Nytol Herbal Simply Sleep One-A-Night Tablets than you should

Seek medical advice in the event of an overdose.

If you forget to take Nytol Herbal Simply Sleep One-A-Night Tablets

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 nurse. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via Yellow Card Scheme Website:

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.