

## 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.

### 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:

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

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## **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)
- are already taking a medicine for sleep.

### **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**

This medicine 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**

This medicine is used traditionally to help you sleep.

If you feel sleepy:

- do not drive
- do not operate any tools or machinery.

## **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

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](http://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.