

**This leaflet tells you some important things about Kalms Tablets.**

## ***What is in Kalms Tablets?***

### **Active Ingredients:**

Hops Powder BHP            45mg

Extract of Valerian from 135mg

Extract of Gentian from 90mg

### **Other Ingredients:**

Acacia, Beeswax, Calcium Carbonate, Carnauba Wax, Icing Sugar, Magnesium Stearate (vegetable), Maize Starch, Purified Talc, Shellac Varnish, Silicon Dioxide, Sodium Starch Glycollate, Stearic Acid (vegetable), Titanium Dioxide.

Kalms Tablets are available in packs of 100 and 200 tablets.

## ***How do Kalms Tablets work?***

Kalms Tablets are a traditional herbal remedy containing a blend of pure plant ingredients that can bring welcome relief from worry and irritability often caused by the stresses and strains of modern living.

Kalms Tablets help to relieve these symptoms so promoting the natural sleep needed to dispel tiredness and lethargy during the day.

## ***Who makes Kalms Tablets?***

Kalms Tablets are manufactured by the licence holder G. R. Lane Health Products Ltd., Sisson Road, Gloucester, UK, GL1 3QB.

## ***What are Kalms Tablets used for?***

Kalms Tablets are a traditional herbal remedy, which help relieve worry, irritability and the stresses and strains of everyday life. They also relieve symptoms of the menopause including worry, wakefulness, flushing and cold sweats. Kalms help promote natural sleep.

### ***Before taking Kalms Tablets***

Each tablet contains 248mg of sucrose. When taken according to the dosage recommendations, each dose supplies up to 496mg of sucrose. Unsuitable in hereditary fructose intolerance, glucose-galactose malabsorption syndrome or sucrase-isomaltase deficiency.

Do not take if you are pregnant or breast-feeding.

Do not take if you are allergic to any of the ingredients.

Do not take more than the stated dose. If you do, discontinue use and seek medical advice.

### ***How to take Kalms Tablets***

Adults and children aged 12 and over: Swallow 2 tablets three times a day with water after meals.

Not recommended for children under 12 years old.

### ***After taking Kalms Tablets***

If overdose is suspected, discontinue use and seek medical advice.

If symptoms persist, talk to your doctor.

Side effects are not likely to occur, but if you do experience any unusual symptoms when taking this product, you should talk to your doctor.

### ***Storing Kalms Tablets***

Keep out of sight and reach of children.

Do not use after expiry date shown on the packaging.

Do not store above 25°C.

Do not use if cap seal is broken.

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