

Lanes

Quiet Life

To relieve periods of **WORRY, IRRITABILITY, STRESSES** and **STRAINS**

Promotes **NATURAL SLEEP**

A Traditional Herbal Remedy

Quiet Life

A traditional herbal remedy to relieve periods of worry, irritability, and everyday stresses and strains. Promotes natural sleep.

Directions: Adults and those aged 12 and over: Swallow two tablets twice a day with water after meals, plus two tablets at bedtime. Three tablets may be taken at bedtime if required.

Not suitable for children under 12.

Do not take more than the stated dose.

Do not take if you are pregnant or breast feeding.

If symptoms persist consult your doctor.

Seek medical advice if you are taking other medication or if condition worsens.

Keep Quiet Life out of sight and reach of children

Do not use after the date stamped on the carton.

Store in a cool dry place below 25°C.

Do not use if cap seal is broken.

These tablets are not known to be habit forming.

Please read the enclosed leaflet.

PL1074/5032R

Quiet Life

100 Tablets

Active ingredients per tablet:

Motherwort Powder	34.00mg
Hops Powder	75.00mg
Passiflora Powder	58.00mg
Extract of Wild Lettuce from	29.00mg
Extract of Valerian from	50.00mg
Thiamine Hydrochloride (Vit B1)	0.71mg
Riboflavin (Vit B2)	0.57mg
Nicotinamide	4.49mg

Also contains: Sucrose and Colours: Titanium Dioxide, Iron Oxide.

Suitable for vegetarians.

Gluten free. Yeast free.

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