

Valerian Root Extract (EPCong)
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HIGHER
NATURE.

VALERIAN SLEEP AID

Valerian Root Extract (EPCong)

A traditional herbal medicinal product used for the temporary relief of sleep disturbances during symptoms of mild anxiety, based on traditional use only.

Traditionally used for:

- ✓ Sleep disturbances
- ✓ Mild anxiety

30 coated tablets



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VALERIAN
SLEEP AID

A traditional herbal medicinal product used for the temporary relief of sleep disturbances during symptoms of mild anxiety, based on traditional use only.

DOSEAGE

Consume one tablet and two tablets per day as recommended on the product leaflet for temporary relief of sleep disturbances due to mild anxiety.

If necessary, an additional tablet can be taken earlier in the evening. The tablet should be swallowed whole with water or other liquid.

WARNING: DO NOT TAKE MORE THAN THE USUAL DOSE FOR YOU.

Do not use if you are:

- under 18 years
- pregnant or breastfeeding
- taking any of the ingredients
- taking any other medicines for anxiety or to help you sleep

Keep this product out of the reach of children.

Always read the product leaflet information booklet carefully before taking these tablets.

Valerian may make you feel drowsy. If you are affected, do not drive or operate machinery.

The effects of Valerian may be increased by alcohol. Excessive alcohol consumption should be avoided.

DOSEAGE

Consume one tablet EPC.
See also the original packaging.
 expiry date, see below.

THE LANCET



certification mark