

**Active Ingredients:**

Each film coated tablet contains 300mg of extract (as dry extract) from Valerian Root (*Valeriana officinalis* L.) (equivalent to 1500mg – 1800mg of Valerian Root).

Extraction solvent: Ethanol 70% v/v

**Dosage:** For oral use only.

For mild anxiety: Take 1 tablet twice a day.

For sleep disturbances: Take 1 to 2 tablets half an hour before bedtime.

Do not exceed the stated dose (4 tablets per day).

Swallow the tablets whole with some water or other liquid.

**WARNING:** Do not use if you are:

- allergic to any of the ingredients
- pregnant or breastfeeding
- under 18 years of age
- already taking a medicine for sleep disturbances or anxiety

Valerian may make you feel drowsy. If affected do not drive or operate machinery. The effects of valerian can be increased by alcohol and excessive alcohol consumption should be avoided. You must consult your doctor or a qualified healthcare practitioner if your symptoms worsen or do not improve after 4 weeks.

Read the enclosed patient information leaflet carefully before using this product.

Do not use after the expiry date shown below.

**EXPIRY:** See base of pack

THR 34425/0004

LA377



Certification Mark

**LAMBERTS®**

Lamberts® Valerian is a traditional herbal medicinal product used for the temporary relief of:

- sleep disturbances
- mild anxiety

Based on traditional use only.

Keep out of sight and reach of children

Do not store above 25°C

Store in original package

THR Holder:  
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Tel: 01892 554314

**LAMBERTS®**

# Lamberts® Valerian Tablets

## 300mg Valerian Root Extract

**LAMBERTS®**

Lamberts®  
Valerian Tablets  
300mg Valerian Root Extract

A traditional herbal medicinal product used for the temporary relief of:

- sleep disturbances
- mild anxiety

Based on traditional use only

**60 tablets**  
8004-60

