Natrasleep contains extracts of two herbal ingredients, Hops and Valerian. This is a traditional herbal medicinal product used to aid sleep, based on traditional use only.

**DOSAGE: ORAL USE**

**Adults & the elderly:**
Take one to three tablets half an hour before bedtime. Do not exceed the stated dose. If you take too many tablets, talk to your doctor or pharmacist. As effects may not be apparent immediately, the tablets should be taken for 2 - 4 weeks continuously. If symptoms worsen or persist after 4 weeks, talk to your doctor or qualified healthcare practitioner.

**WARNINGS:**
- Do not take if you are allergic to any of the ingredients.
- Do not take if you are under 18 years old.
- Avoid excessive alcohol consumption. The effects of this product may be increased with alcohol.
- Do not take this product if you are already taking a medicine for anxiety or to help you sleep.
- Do not take if you are pregnant or breast feeding.
- If you feel drowsy while taking the tablets, do not drive or operate machinery.
- This product contains glucose. If you have an intolerance to some sugars, consult your doctor before taking this product.

**SIDE EFFECTS**
Nausea and abdominal cramps have been reported when using this product. The frequency is unknown.

**Reporting of side effects:** If you get any side effects, talk to your doctor, pharmacist, or homeotherapist. You can report side effects using the yellow card scheme. To report suspected adverse effects, contact the yellow card scheme at: www.mhra.gov.uk/yellowcard. By reporting side effects you can help provide more information on the safety of this medicine.

**KEEP OUT OF THE REACH AND SIGHT OF CHILDREN**

**STORE:** Store in the original package. Store below 25°C.

**Do not use after the expiry date stated on the carton. The expiry date refers to the last day of that month.