



## Kalms Rhodiola Tablets

### Uses

A traditional herbal medicinal product used for the temporary relief of symptoms associated with stress, such as fatigue, exhaustion and mild anxiety. Based on traditional use only.

### Dosage

Over 18 years: 1 tablet twice a day, one before breakfast and one before lunch. Under 18 years: not suitable.

### Format and Ingredients

Tablet containing:  
Rhodiola Rosea Root Extract 200mg (Rhodiola rosea L. rhizome and root),

**Category:**  
Sleep and Travel

**Manufacturer:**  
G R LANE HEALTH PRODUCTS

**Pack size:** 20

**RRP:** £9.99

**Legal Status:** (GSL)