



## Kalms Lavender One-A-Day

### Uses

A traditional herbal medicinal product used for the temporary relief of the symptoms of mild anxiety such as stress and nervousness, based on traditional use only. Under 18 years: not suitable.

### Dosage

18 years and over: 1 capsule daily with water. Under 18 years: not suitable.

### Format and Ingredients

Soft capsule containing:  
Lavender oil (Lavandula angustifolia Miller, aetheroleum)  
80mg,

**Category:**  
Sleep and Travel

**Manufacturer:**  
G R LANE HEALTH PRODUCTS  
LTD

**Pack size:** 14

**RRP:** £8.49

**Legal Status:** (GSL)



Communications International Group Ltd 2025,  
Linen Hall, 162-168 Regent Street, London W1B 5TB