



# 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.

## Dosage

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

## Format and Ingredients

Violet 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:** £8.20

**Legal Status:** (GSL)