

# Kalms Lavender One-A-Day



**Category**  
Sleep and Travel  
**Manufacturer**  
G R LANE HEALTH  
PRODUCTS  
**Pack size**  
14  
**RRP**  
£7.16  
**Legal Status**  
(GSL)



## 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.



## Format and Ingredients

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



## Dosage

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