



# 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)



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