



## 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,