



5. How to store Kalms Lavender One-A-Day Capsules

Keep out of the sight and reach of children.

Do not take Kalms Lavender One-A-Day Capsules after the expiry date which is stated on the box and the blister pack. Do not store above 30°C.

Store in the original package.

Do not use if foil on blister strip is damaged.

6. Further information

Each soft capsule of this product contains 80 mg of oil from flowering tops of Lavender (*Lavandula angustifolia* Miller, aetheroleum), which is the active ingredient.

This product also contains the following ingredients:

Gelatin succinylated, glycerol 85%, refined rapeseed oil, sorbitol (E420), carmine lacquer (E120), patent blue V aluminium lacquer (E131), titanium dioxide (E171).

Each pack contains 14, 28 or 56 soft capsules.

Not all pack sizes may be marketed.

Traditional herbal registration holder and manufacturer of this product

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Distributor of this product in the UK:

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Read all of this leaflet carefully because it contains important information for you.

- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need more information or advice
- You must contact a doctor if your symptoms worsen, or do not improve after 2 weeks.
- If any of the side effects become serious, or if you notice any side effect not listed in this leaflet, please tell your doctor or pharmacist.

In this leaflet:

1. What this medicine is and what it is used for
2. Before you take
3. How to take
4. Possible side effects
5. How to store
6. Further information





1. What Kalms Lavender One-A-Day Capsules is and what it is used for

Kalms Lavender One-A-Day Capsules is 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.

2. Before you take Kalms Lavender One-A-Day Capsules

Do not take Kalms Lavender One-A-Day Capsules if you:

- Are under 18 years of age
- Are pregnant or breastfeeding
- Are allergic to lavender oil or any of the other ingredients (see section 6)
- Have or have ever had liver problems.

Suffering from depression?

This product is intended for the relief of symptoms of mild anxiety such as stress and nervousness.

If you have signs and symptoms of depression such as persistent low mood you should seek medical advice for appropriate treatment.

Important information about the ingredients

This product contains sorbitol. If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this product.

Driving and using machines

This product may impair your ability to drive or use machines. If affected, do not drive or use machines.

Taking other medicines

Do not take Kalms Lavender One-A-Day Capsules if you are already taking another medicine for sleep or anxiety. Tell your doctor before starting to take this product if you are taking any other medicines including any bought without a prescription.



You must consult your doctor or qualified healthcare practitioner if symptoms worsen, or do not improve after 2 weeks.

3. How to take Kalms Lavender One-A-Day Capsules

Adults and the elderly

For oral use only. Take one capsule daily. Swallow the capsule whole with a full glass of water or other liquid. Do not chew the capsules. This product is not recommended for use in children or adolescents under 18 years of age. Do not take more than the label/leaflet tells you to.

If you take too much of this product (overdose)

If you take more than the recommended dose, speak to a doctor, pharmacist or qualified healthcare practitioner and take this leaflet with you.

If you forget to take this product

Continue to take your usual dose at the usual time. It does not matter if you have missed a dose.

If you have any questions, or are unsure about anything, please ask your doctor, pharmacist or qualified healthcare practitioner.

4. Possible Side Effects

Like all medicines, Kalms Lavender One-A-Day Capsules can cause side effects, although not everybody gets them.

Common side effects (affecting 1 to 10 out of 100 people treated)

- Belching or burping.
- Allergic skin reactions such as itching, skin rashes or hives

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via the Yellow Card Scheme www.mhra.gov.uk/yellowcard or search for MHRA Yellow Card in the Google Play or Apple App Store. By reporting side effects you can help provide more information on the safety of this medicine.



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