

A Natural Remedy for Mild Anxiety

Background

Mild or occasional anxiety is a common complaint. Herbal preparations have long been a mainstay for maintaining a healthy, adaptive response to everyday stress and promoting restful sleep. *Lavandula angustifolia* is the most common species of lavender utilized for health purposes. Lavender is native to the Mediterranean, the Arabian Peninsula, Russia and Africa. Throughout history, lavender has been cultivated for its flowers and oils and used both cosmetically and medicinally. Lavender has a high concentration of volatile oils; these oils are regularly used in aromatherapy to relieve mild anxiety. Lavender has been also used internally for mood imbalances such as restlessness, occasional sleeplessness, and gastrointestinal complaints related to nervousness. Lavender essential oil is obtained from steam distillation processing of the flowering tops of *L. angustifolia*-Lavela is an exclusive, proprietary lavender (*Lavandula angustifolia*) essential oil, indicated for occasional anxiety. Clinically shown to be comparable in efficacy to commonly used conventional and alternative options, Lavela offers safe and effective relief.

- Exclusive, safe and effective option
- Non-habit forming, non-sedating relief of occasional anxiety
- Convenient, once-daily dosing

Lavela Clinical Overview

Several clinical studies show the benefit of Lavela as compared to reference or placebo. The results were statistically significant and the response rate to treatment is high. The safety profile and evaluation report for Lavela showed no serious adverse events during either the studies. Lavela, when taken at the recommended dose of 80 mg per day, is safe and well-tolerated, without sedative action on the body, and no known potential for abuse.

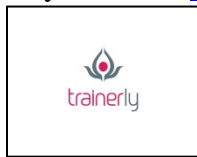
Conclusion

Lavela offers a safe and effective solution for occasional anxiety. It also promotes relaxation and restful sleep. Taken just once a day, this gentle yet powerful botanical essential oil is non-habit-forming and well-tolerated, with efficacy demonstrated in controlled clinical trials published in peer-reviewed medical journals.

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