

# KAVA

Kava (*Piper methysticum*), often called Kava Kava, is an herbal plant native to the South Pacific area of Polynesia, Micronesia, and Macronesia. The roots of the Kava plant are used to prepare a traditional beverage with sedative and stress-relieving properties. Kava has been consumed for centuries by Pacific Island communities for ceremonial, social, and medicinal purposes.

Kava has long been valued for its calming properties. It's traditionally consumed to alleviate symptoms of anxiety, stress, and nervousness, promoting a sense of tranquility and emotional well-being. In traditional Pacific Island medicine, Kava is also used as a natural sleep aid. Some traditional healers use Kava to alleviate physical discomfort, including muscle tension, headaches, and menstrual cramps. Doctors of Traditional Polynesian Medicine use Kava to support digestive health and relieve gastrointestinal discomfort.

Kava root contains 6-styryl-4-methoxy-alpha-pyrone derivatives, known as kava pyrones or kava lactones (5% to 9%, depending on geographical location), including kavain (or kawain), dihydrokavain (DHK), methysticin, dihydromethysticin (DHM), yangonin and desmethoxyyangonin. It also contains flavonoids (flavokavains).

Kava has been shown in scientific studies to:

- Calm occasional feelings of anxiety
- Promote restful sleep and relieve occasional, mild sleeplessness
- Support feelings of well-being



## SUPPLEMENT FACTS

Serving Size: 2.5mL  
Servings Per Container: Approx. 71

	Amount Per Serving	% Daily Value
<b>Calories</b>	<b>10</b>	
Kava ( <i>Piper methysticum</i> ) 1:2 Extract from 1.25 g Root	2.5mL	**

\*\* Daily Value Not Established.

Other Ingredients: Pure Alcohol (55-65% by volume), Purified Water

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. For educational purposes only.*



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