

# KAVA

Kava (*Piper methysticum*), often called Kava Kava, is an herbal plant native to the South Pacific area of Polynesia, Micronesia, and Macronesia. The Wellness Way receives its Kava from the island of Vanuatu. Kava root is well studied around the world and has been used as a medicinal herb for its anxiolytic, parasympathomimetic, sedative, antispasmodic, mood enhancing, anti-depressant and analgesic capabilities.

Kava root contains resin containing 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).

These constituents have been shown to help:

- Improve mood
- Ease anxiety

- Induce deep restful sleep
- Reduce migraines
- Reduce headaches
- Promote wound healing
- General pain reliever
- Relax muscles
- Boost sociability
- Influence GABA receptors
- Stimulate dopamine receptors
- Reduce hyperactivity
- Boost immunity

Manufactured in a GMP certified facility.  
Manufactured in the USA. Certified Kosher.

## SUPPLEMENT FACTS

Serving Size: 2.5mL

Servings Per Container: Approx. 71

	Amount Per Serving	% Daily Value
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### Calories 10

Kava ( <i>Piper methysticum</i> ) 1:2 Extract from 1.25g Root	2.5mL	**
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\*\*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.



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