

Suggested Use

Take 30-40 drops of extract in a small amount of water 3 times daily between meals.
Maximum time of use: one month.

Caution: US FDA advises that a potential risk of rare, but severe, liver injury may be associated with kava-containing dietary supplements. Do not take if you have or have had liver problems, drink alcohol or take any medications. If you have a medical condition use under the advice of a health practitioner. Stop use and see a doctor if you develop symptoms that may signal liver problems, including jaundice (yellowing of the skin or whites of the eyes) and brown urine. Other nonspecific symptoms can include nausea, vomiting, light-colored stools, unexplained tiredness, weakness, stomach or abdominal pain, and loss of appetite. Not for use by persons under 18 years of age, or by pregnant or breastfeeding women. Not for use with alcoholic beverages. Excessive use, or use with products that cause drowsiness, may impair your ability to operate a vehicle or heavy equipment. Use only as directed on label. Safety sealed for your protection. Keep bottle capped at all times and store in a cool dry place. Natural separation may occur. This does not affect product quality. Shake well before using.

GaiaHerbs.com

Low Alcohol Extract

Kava Kava Root

Validated full spectrum extract

gaia
HERBS

DIETARY SUPPLEMENT 1 FL OZ (30ML)

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Supplement Facts

Serving Size 30 Drops (1ml)

Servings Per Container 30

AMOUNT PER SERVING

EXTRACT†

Kava Kava root †
(Piper methysticum)

in Pure Vegetable
Glycerin, Water and
<8% Grain Alcohol USP.

VALIDATED FULL SPECTRUM PROFILE

Kavalactones 10 mg†

†Daily Value not established.

† = Ecologically Harvested

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