

Did you know?

Sometimes all you need is the ability to calm your mind so you can relax and find clarity. Kava can support brain wave changes, which has a calming yet rejuvenating effect on the mind, so you can find your inner Zen. Kava has been doing just that since it became popular in the South Pacific islands back in the 17th century.*

Let's get fresh. Enjoy fresh, whole Kava responsibly sourced and prepared in small batches with love for optimum potency. **Here's to your health!**

Absolutely NO dairy, wheat, peanuts, soy, gluten or corn allergens.

CAUTION: Keep out of reach of children. If taking medication consult with a healthcare professional before use. Do not take if pregnant or nursing. Discontinue use if unusual symptoms occur.



*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.

R7



Kava root

calm and clear
the mind*



90 VEGETARIAN
CAPSULES

GF

Suggested Use: As an herbal supplement, take two capsules as needed or as directed by your healthcare professional. Do not exceed four capsules in 24 hours. Do not exceed recommended dose.

Supplement Facts

Serving Size: 2 caps/Servings Per Container: 45

Amount Per Serving

Kava rhizome and root (*Piper methysticum*) 800 mg*

*Daily Value not established

Other Ingredients: Pullulan vegetarian capsules and nothing else.

Discontinue use two weeks prior to scheduled surgery and inform surgeon. **CAUTION:** US FDA advises that a potential risk of rare, but severe, liver injury may be associated with dietary supplements containing Kava. Ask a healthcare professional before use if you have, or have had, liver problems, frequently use alcoholic beverages or are taking any medication. Stop use and see a doctor if you develop symptoms that may signal liver problems (e.g., unexplained fatigue, abdominal pain, loss of appetite, fever, vomiting, dark urine, pale stools, yellow eyes or skin). 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. Not for use by persons under 18 years of age, or by pregnant or breastfeeding women.

Manufactured with love by Oregon's Wild Harvest
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actual size