

SUGGESTED USE

Adults take 10-20 drops in a small amount of water 3 times daily between meals. Maximum time of use 1 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 doctor. 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 at neck of bottle.

gaia[®]
HERBS

STRESS SUPPORT[†]

Kava Root EXTRA STRENGTH[♦]

Traditionally for relaxation &
emotional well-being^{*}

1 FL OZ (30 mL) HERBAL SUPPLEMENT

Supplement Facts

Serving Size 20 Drops (0.67 mL)
Servings Per Container About 45

Amount Per Serving

Kava (*Piper methysticum*) 0.67 mL†
root extract

Kavalactones 50.0 mg†

† Daily Value not established.

Other ingredients: Alcohol USP (65-75%) and water.

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[♦] *Extra Strength* provides more Kavalactones than Gaia's regular strength Kava liquid extract

^{*} 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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