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SUGGESTED USE

Adults take 1 capsule 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 health care provider. 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.

* 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.



gaia
HERBS

STRESS SUPPORT*

Kava Root

A traditional calming herb*

60 VEGAN LIQUID PHYTO-CAPS®
HERBAL SUPPLEMENT

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 60

	Amount Per Serving	% Daily Value
Total Carbohydrate	<1g	<1%*
Kava (<i>Piper methysticum</i>) root extract	442 mg	†
Kavalactones	75 mg	†

* Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established.

Other ingredients: Vegetable glycerin, sunflower lecithin, water and vegan capsule (hypromellose).
Gaia Herbs, Inc., 101 Gaia Herbs Drive, Brevard, NC 28712

[@gaiaherbs](http://gaiaherbs.com)



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PURITY - Keep it Clean
All products are screened for pesticides, microbes & heavy metals.

INTEGRITY - Keep it Real
See the proof at meetyourherbs.com, the world's first herb traceability platform.

POTENCY - Keep it Strong
Concentrated plant extracts are delivered in our patented Phyto-Caps® technology.

Discover our Guiding Truths at:
 [@gaiaherbs](http://gaiaherbs.com)

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HERBS

NEW LOOK
SAME FORMULA

STRESS SUPPORT*

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Traditionally for sustaining a sense of calm & relaxation*
Harvested from the Islands of Vanuatu

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VEGAN
GLUTEN-FREE
SOY-FREE



BEST BY: