

plnt[®]
Pure Living™

Kava

- Stress Support[°]
- Promotes Relaxation[°]



90 Vegetarian Capsules | Dietary Supplement

Gluten
Free

Dairy
Free

Soy
Free

Nut
Free

Supplement Facts

Serving Size 1 Vegetarian Capsule

	Amount Per Serving	% Daily Value
Kava Root <i>(Piper methysticum)</i>	400 mg	*

* Daily Value not established.

Other ingredient: Vegetable cellulose.

° 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.

DIRECTIONS: Take one (1) vegetarian capsule daily, preferably with a meal.

WARNING: Consult your healthcare provider prior to use if you are pregnant, nursing, taking any medications or have any medical condition.

CRN KAVA WARNING: Not for use by pregnant or nursing women, or persons under the age of 18. Consult a health care practitioner prior to use if you have or have had liver problems, frequently use alcoholic beverages or are taking any medication. Stop use and see a health care practitioner if you develop symptoms that may signal liver problems, including jaundice (yellowing of the skin or whites of the eyes) and brown urine, as well as other non-specific symptoms including nausea, vomiting, light-colored stools, unusual tiredness, weakness, stomach or abdominal pain, and loss of appetite. Excessive use, or use with products that cause drowsiness, may impair your ability to operate a vehicle or heavy equipment. Not for use with alcoholic beverages. The US FDA advises that a potential risk of rare but severe liver injury may be associated with kava-containing dietary supplements.

STORE IN A COOL, DRY PLACE.
KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT
Do not use if outer seal is broken or missing.

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