

Directions: Kava Kava is an extract prepared from *Piper methysicum* commonly known as kava. It has been traditionally used to brew tea to promote healthy stress levels and support healthy sleep. This supplement provides the same benefits of the tea in a convenient capsule form. Kava is a potent supplement and should not be combined with alcohol or certain prescription medications.*

Suggested Use: As a dietary supplement, take 2 capsules per day on an empty stomach. Do not exceed 3 capsules in one day.

Storage: Store in a cool, dark place. Do not freeze or expose to moisture or heat above room temperature.

Manufactured for:
Double Wood LLC

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KAVA KAVA EXTRACT

**1000 mg
per serving**

- ★ Supports Healthy Stress Levels
- ★ Promotes Relaxation

120 Capsules
Dietary Supplement

Supplement Facts

Serving Size: 2 Capsules
Servings Per Container: 60

Amount per Serving	% Daily Value
Kava Kava Extract (root) (Std. to 3-5% total kavalactones)	1,000mg †

Daily Value not established

Other Ingredients: Hypromellose (capsule), microcrystalline cellulose

WARNING: Consult your physician before use. Do not use Kava Kava if you are pregnant, nursing, or are under 18 years of age.

Discontinue use and consult your doctor immediately if any adverse reactions or side effects occur. Do not use Kava Kava and operate heavy machinery until you know how it affects you. Keep out of reach of children. Do not exceed 3 capsules per day.

*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.