

WARNING: US FDA advises that a potential risk of rare, but severe, liver injury may be associated with kava-containing dietary supplements. 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 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. Do not use if either tamper-evident seal is broken or missing. Keep out of the reach of children.

*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.

Manufactured for:
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SANTA CRUZ, CA 95062, www.sourcenaturals.com REV G133



SOURCE NATURALS®



KAVA

FOR OCCASIONAL ANXIETY*

500 MG • 30 TABLETS

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	%DV
Total Carbohydrate	1 g	<1%*
Calcium	57 mg	6%
Kava Root Extract (<i>Piper methysticum</i>)	500 mg	†
Standardized to 30% Kavalactones		
Yielding 150 mg Kavalactones		

*Percent Daily Values (%DV) are based on a 2,000 calorie diet.

†Daily Value not established.

Other ingredients: dibasic calcium phosphate, sorbitol, stearic acid, modified cellulose gum, silica, and magnesium stearate.

Suggested use: 1 tablet 1 to 2 times daily.

Kava is made from the roots of a pepper family plant, *Piper methysticum*. Clinical studies indicate kava may help with occasional anxiety. Pacific Island people from New Guinea to Hawaii have used kava for centuries. Research has shown kava extracts contain pharmacologically active constituents known as kavalactones, which are thought to be responsible for a relaxed and calm state of mind.*

STORE IN A COOL, DRY PLACE.