

Cautions: FDA says a potential risk of rare, but severe, liver injury may be associated with Kava. Ask a healthcare professional before use if you have, or have had, liver problems, frequently use alcoholic beverages, or are taking medication. Stop use and see a doctor if liver symptoms occur (unusual fatigue, abdominal pain, appetite loss, dark urine, pale stools, yellow eyes or skin). Not for use by persons under 18 years of age, or by pregnant or breastfeeding women. Do not take with alcoholic beverages. Excessive use may briefly impair ability to drive, or operate machinery.



60 vegetarian capsules • 200 mg each

Calming & Stabilizing

NERVOUS SYSTEM

broad-spectrum

KAVA

Kava Extract Capsules

Ingredients: Each vegetarian capsule contains 200 mg of Kava (*Piper methysticum*) rhizome and root extract providing 60 mg of kavalactones.

Other Ingredients: maltodextrin (from non-GMO corn) and silica as processing aids. Vegetarian capsules are made from plant cellulose (no gelatin).

SUGGESTED USE

Take 1 or 2 capsules, 1 or 2 times per day with liquid.

Best taken between meals.

(Note cautions on left panel)

Keep Out of the Reach of Children

Don't use if lid seal is broken or missing.

Keep bottle tightly closed and store in a cool place.

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