

Suggested Use: Take one (1) capsule daily, with a meal, as a dietary supplement, or as directed by a physician.

Caution: Kava Kava may harm the liver in some individuals. 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 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).

Notice: Do not use this product while taking any prescription drug(s) without the advice of your prescribing physician. Avoid excessive exposure to UV radiation (e.g., sunlight tanning) when using this product.

For your protection, this container has an outer safety seal. (Do not accept if missing or broken.) Best if used by date on bottle. Store in a dry, cool place.

KEEP OUT OF REACH OF CHILDREN

Any Questions? 1-800-644-8327

Website: www.botanicchoice.com

Herbal Supplement

30 Capsules

Stress-Ez™

*Calms the Body...
Relaxes the Mind**

New and Improved!

Supplement Facts Serving Size 1 Capsule

Amount Per Serving	% Daily Value**
Vitamin D3 (as cholecalciferol)	1000 IU 250%
Kava kava extract (root) [Standardized for 30% kavalactones (24 mg)]	120 mg †
Valerian root powder (root)	600 mg †
St. John's Wort powder (flower heads)	25 mg 56%
Chamomile powder (flowers)	25 mg 70%
† Daily Value not established.	

** Daily Values are based on a 2,000 calorie per day diet.

Other ingredients: Gelatin, magnesium stearate, modified cornstarch, sucrose, rice flour, sodium ascorbate, medium chain triglycerides, silicon dioxide, and dl-alpha tocopherol.

*This statement has not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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