RECOMMENDATIONS:

Adults take 1 capsule 3 times daily between meals or as suggested by your health care provider. Maximum time of use: one month.

Caution: US FDA advises that a potential risk of rare, but severe, liver injury may be associated with kava-containing dietary supplements. Do not take if you have, or have had, liver problems, drink alcohol, or take any medications. If you have a medical condition, use under the advice of a health practitioner. Stop use and see a doctor if you develop symptoms that may signal liver problems, including jaundice (yellowing of the skin or whites of the eyes) and brown urine. Other nonspecific symptoms can include nausea, vomiting, light-colored stools, unexplained tiredness, weakness, stomach or abdominal pain, and loss of appetite. Not for use by persons under 18 years of age, or by pregnant or breastfeeding women. **Keep away from children.** 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. Use only as directed on label. Safety sealed for your protection. Keep bottle capped at all times and store in a cool dry place. Natural separation may occur. This does not affect product quality.

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KAVA KAVA

Liquid Phyto-Caps™

Purity. Integrity. Potency.

60 LIQUID-FILLED CAPSULES • 100% VEGETARIAN

A DIETARY SUPPLEMENT

Supplement Facts

Daily Serving Size 3 Capsules
Servings Per Container 20

AMOUNT PER 3 CAPSULES	
Calories 30	
Kava Kava root ✚ *(Piper methysticum)* (225 mg† kavalactones)	1,326 mg†

†Daily Value not established.

Other ingredients: Vegetable glycerin, soy lecithin (non-GMO), capsule (vegetable cellulose)

✚ = Ecologically Harvested

Each 3 capsules contain 3,515 mg dry herb equivalent

ECOLOGICALLY HARVESTED
(From Vanuatu Island, South Pacific)

Contains no animal by-products and no gelatin

Tested **FREE** of Heavy Metal Toxicity

Gaia Herbs Liquid Phyto-Caps™ U.S. Patent No. 6,238,696 B1

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