

Single Herbs

Individual herbs in their vibrant, natural form support each person uniquely.* Gaia Herbs' single herbs contain concentrated extracts of an individual herb, to deliver nature's vitality to you.*

Kava Kava Root

Many systems of the body can be negatively affected by stress. That is why achieving a state of calm and relaxation is so important for optimum wellness.* Gaia Herbs' Kava Kava is a potent herbal extract which helps support emotional balance.* Made from ecologically harvested Kava Kava from Vanuatu, it contains a guaranteed 75 mg of active Kavalactones per serving.

The Gaia Difference



Liquid potency, easy absorption
Alcohol-free Liquid Phyto-Caps®
U.S. Patent No. 6,238,696 B1



100% vegetarian, dairy free, no gluten-containing ingredients
Easily digestible plant-derived capsule



Laboratory tested for purity
Free of heavy-metal toxicity

Suggested Use

Adults take 1 capsule 3 times daily between meals.
Maximum time of use: one month.

Cautions: 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 care provider. 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.

Kava Kava

gaia
HERBS

Single Herbs

Kava Kava Root

Supports calm and relaxation*

Supports emotional well-being*
Kavalactones: 75 mg

Ecologically harvested
from the island of Vanuatu

meet your herbs®
SEE BACK OF BOX TO LEARN HOW

**60 VEGAN LIQUID PHYTO-CAPS®
DIETARY SUPPLEMENT**

gaia
HERBS

Single Herbs

Kava Kava Root

Supports calm and relaxation*

meet your herbs®
Enter ID # at GaiaHerbs.com

**60 VEGAN LIQUID PHYTO-CAPS®
DIETARY SUPPLEMENT**

BEST BY
Enter ID# at GaiaHerbs.com

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 60

Amount Per Serving

Calories	5
Kava root extract † (Piper methysticum) (75 mg† Kavalactones)	442 mg†

†Daily Value not established

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

† = Ecologically Harvested

Gaia Herbs, Inc. www.gaiaherbs.com
101 Gaia Herbs Dr., Brevard, NC 28712

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*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.

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(000) 828-1114

gaia™ plant
HERBS intelligence®

GAIA FARM
BREVARD, NC

Over 40 crops are grown each year on our certified organic farm. 250 fragrant acres of Valerian, Echinacea, Holy Basil, Hawthorn, Nettles, and more grace our valley. Each plant thrives naturally here, in one of the most fertile bioregions in the world.

meet your herbs®

Track the life story of each herb in your bottle by entering its ID# at GaiaHerbs.com.

PURITY: Trace the origin of each herb back to its source.

INTEGRITY: See analytical results for this product.

POTENCY: Validate each herb's full phytochemical complex.



Gaia Herbs makes conscious choices to keep our planet healthy. This carton is made from 100% recycled paperboard, including at least 35% post consumer material. Our amber glass bottles contain at least 30% recycled content.



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