

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

***THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.**

For your protection, this container has an outer safety seal.
(Do not accept if missing or broken.)

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New and Improved!

Stress-Ez™

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

30 CAPSULES

Herbal Supplement

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	% Daily Value	
Vitamin D3 (as cholecalciferol)	1000 IU	250%
Kava kava extract (root)	120 mg	†
[Standardized for 30% kavalactones (24 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.

OTHER INGREDIENTS: GELATIN, MAGNESIUM STEARATE, MODIFIED CORNSTARCH, SUCROSE, RICE FLOUR, SODIUM ASCORBATE, MEDIUM CHAIN TRIGLYCERIDES, SILICON DIOXIDE, AND DL-ALPHA TOCOPHEROL.
DISTRIBUTED BY: INDIANA BOTANIC GARDENS, INC.

3401 W. 37TH AVE. HOBART, IN 46342



Any Questions? 1-800-644-8327 Website: www.botanicchoice.com

Best if used by date on bottle. Store in a dry, cool place.

KEEP OUT OF REACH OF CHILDREN