



The Wellness Way
We don't guess...we test!

Kava

Kava, often called kava kava, is an herbal plant native to the South Pacific area of Polynesia, Micronesia, and Macronesia.

Kava root and Kava leaves contain different elements and have different effects on the system. Kava root is what is commonly referred to as kava, while supplements from the leaves are known as Kratom. While Kratom can have beneficial effects, it is primarily used for boosting energy, or calming the mind, while Kava has near countless applications.

Kava is used globally, and has a number of uses, some of which include:

- Improve mood
- Reduce migraine headaches
- Promote wound healing
- General pain reliever
- Eases anxiety & boosts socialbility
- Influences GABA receptors
- Stimulates dopamine receptors
- Possibly reduce prostate tumors
- Aid in combatting breast cancer
- Helps discourage cancer growth
- Boosts immunity



Supplement Facts

Serving Size: 2.5 mL
Servings Per Container: 71

	Amount Per Serving	% Daily Value
Calories 7		
Kava (Piper methysticum 1:2 Extract from 1.25 g Root)	2.5mL	**

** Daily Value Not Established.

Other Ingredients: Pure Alcohol (55-65% by volume), Purified Water.

Directions: Take 2.5 mL once in the morning and take 2.5 mL in the evening, both with water, juice, or as directed by your health care professional.