

KAVA KAVA ROOT

(*Piper methysticum*)

Ultimate Support for Relaxation*

DOSAGE

1 liquid Phyto-Cap, 3 times daily – use only as directed

DURATION OF USE

Continuous use of Kava should be limited to 4 weeks.

BEST TAKEN

Between meals, with warm water

HISTORY

Kava is a slow growing, perennial shrub. A member of the Peppercorn family (Piperaceae), it is native to the tropical Pacific Islands region. Islanders who use it as a ritual beverage during ceremonies have long revered it. It is traditionally used as a social beverage for chiefs and noblemen for its calming, relaxing effect. The root is also used traditionally for stress-related conditions. Kava is cultivated commercially, where it is totally dependent on human intervention for propagation.

HIGHLY REGARDED FOR ANXIETY

Kava is highly regarded in Europe as an effective treatment for anxiety. Numerous clinical studies have verified its efficacy. A randomized placebo-controlled trial evaluated Kava's effectiveness in 101 patients with anxiety of non-psychotic origin. Subjects were followed for 6 months. Symptoms were evaluated using the Hamilton Anxiety Scale (HAM-A). Significant improvements were seen at 8 weeks (reduction of HAM-A score from 30-17) and continued for another 16 weeks. At the end of the trial the HAM-A score was reduced to 9.

Similar, but quicker results were seen in a placebo-controlled double blind study of 40 women with menopause-related symptoms of anxiety. However, unlike the previous study there was a significant decrease (measured by HAM-A) in symptoms after just 1 week of treatment. Improvement continued throughout the full study period.

Several studies have been conducted comparing Kava with other agents. A double-blind study of 174 patients with anxiety compared Kava with other agents. Patients were followed for 6 weeks. Similar improvements in HAM-A scores were seen in all treatment groups. Statistically there was no difference in the outcome of the therapies. Kava was well tolerated with none of the side effects associated with the other agents.

A recent meta-analysis reviewed several clinical trials to determine the efficacy of Kava for the treatment of anxiety. The reviewers concluded that Kava was superior to placebo as a symptomatic for anxiety. The authors agreed that Kava is an herbal option for the treatment of anxiety.



Supplement Facts

Daily Serving Size 3 Capsules
Servings Per Container 20

Amount Per 3 Capsules	mg
Calories 21	
ALCOHOL FREE CONCENTRATED EXTRACT OF:	
Kava Kava root (<i>Piper methysticum</i>) +	409 mg†
STANDARDIZED TO FULL SPECTRUM PROFILE	
Total Kavalactones (from Kava Kava)	225 mg†

†Daily Value not established.

Other ingredients: Soy lecithin, vegetable glycerin, vegetable cellulose (capsule).

+ = Ecologically Harvested

MECHANISM OF ACTION

The exact mechanism of Kava on the central nervous system is unknown. One possible mode of action is that Kava may interact with Gama-Aminobutyric acid (GABA) receptors. Early *in vivo* and *in vitro* research found that Kavalactones demonstrated only weak GABA receptor binding actions. However, a more recent study found that Kava pyrones mediate effects in GABA-A receptors, particularly in the hippocampus and amygdala. Other possible mechanisms include inhibition of noradrenaline uptake and activation of mesolimbic dopaminergic neurons. It is likely that there is more than one pathway responsible for Kava's activity on the central nervous system.

Note: The intention of this information is to represent the traditional use of the individual botanicals found in these formulas and to inform the reader of any evolving scientific inquiry relevant to the formula's ingredients.

COMPLEMENTARY HERBS/FORMULAS

Phyto-Proz Supreme, St. John's Wort, Valerian root

SAFETY EVALUATION/CONTRAINDICATIONS

Do not use during pregnancy and lactation.

Caution: US FDA advises that a potential risk of rare, but severe, liver injury may be associated with kava-containing dietary supplements. 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, 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. 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. Do not use if safety seal around cap is broken or missing. Shake well before using.

DRUG INTERACTIONS

Consult a physician if you are taking any prescription drugs.

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