

Kava

Promotes relaxation



- Calms nerves and relaxes muscles
- Helps relieve nervousness
- Promotes restful sleep

**Tested in our
ISO 17025**
Accredited Laboratory



newrootsherbal.com



Kava



The root of the kava plant (*Piper methysticum*), native to the South Pacific, has a long history of therapeutic use for nervousness, restlessness, insomnia, and stress-related muscle tension. Indeed, consumption of a ceremonial beverage made from its roots is a time-honoured tradition in Polynesian culture.

Kavalactones have been identified as the key therapeutic compounds within kava and have been proven to enhance levels of neurotransmitters that include dopamine and serotonin, the compounds responsible for positive mood and feelings of pleasure. Kavalactones also activate GABA receptors within the brain to further shelter the brain from stress and anxiety.

A study led at the University of Melbourne has demonstrated that kava could represent a viable alternative to prescription drugs for general anxiety disorder (GAD). Seventy-five people diagnosed with GAD showed significant reduction of anxiety symptoms when taking kava compared to placebo.

New Roots Herbal's Kava is standardized to contain 30% kavalactones (120 mg per capsule), the biologically active ingredient responsible for its therapeutic action.

Each vegetable capsule contains:

Kava (*Piper methysticum*) root extract, 30% kavalactones 400 mg

Other ingredients: Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

NPN 80072998 · V0586-R1

Directions of use:

Adults: Take 1 capsule daily or as directed by your health-care practitioner. Consult a health-care practitioner for use beyond 6 months.

Manufactured under strict GMP (Good Manufacturing Practices).

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