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 225 mg of active Kavalactones per serving.

**Serving Facts**

<table>
<thead>
<tr>
<th>Serving Size 1 Capsule</th>
<th>Servings Per Container 60</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Amount Per Serving</strong></td>
<td></td>
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<tr>
<td>Calories</td>
<td>5</td>
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</tbody>
</table>
| Kava root extract † (Piper methysticum) | 442 mg†  
   (75 mg† Kavalactones) |

†Daily Value not established

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

+ = Ecologically Harvested

**Recommendation:** Adults take 1 capsule 3 times daily between meals or as suggested by your health care provider. Maximum time of use: one month.

Caution: 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.

*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.
Purity. Integrity. Potency.

How we proceed is as important as what we produce.

PURITY = Whether grown on the Gaia Farm, or sourced from one of our partner certified organic farms or ethical wildharvesters, all of our herbs are sourced with an equal focus on quality and sustainability. We validate each raw material for genus and species and test to ensure no presence of heavy metals and other contaminants. Unlike many other dietary supplements on the market, our products do not contain any binders, fillers, or excipients.

INTEGRITY = With every herb that we process in our GMP compliant facility we apply Full Spectrum processing technology. This involves choosing the ideal extraction and concentration methods to maintain the integrity of each individual plant. We do not isolate or purify a single active plant compound all on its own, nor are chemical or synthetic compounds ever added to our extracts. Instead, we deliver the complete natural array of the plant’s compounds, in order to make medicines that mirror Nature.

POTENCY = Improper handling at any step can damage plants and compromise potency. Some companies grow or source their herbs in all the right places, only to use harsh chemical solvents for extraction or extremely high temperatures for concentration. Conversely, they may use the best extraction and concentration methods, but are limited by raw materials that are contaminated or compromised from poor cultivation or harvesting. Our commitment to Purity standards and manufacturing Integrity allows us to produce herbal medicines with consistent Potency.

The Gaia Farm

Nestled in a pristine valley of the Blue Ridge Mountains in North Carolina, the 350 acre Gaia Farm is certified organic by Oregon Tilth.

meetyourherbs

Trace the purity, integrity and potency of the herbs in our product by entering the Meet Your Herbs ID number from the label at GaiaProfessional.com

Field of Wild Oats on Gaia Herbs’ Certified Organic farm in Brevard, North Carolina