



Kava Calm Px

Support for stress management and emotional well-being



Kava Calm Px contains 30% concentration of the active constituent kavalactone, extracted from Piper methysticum for healthy neurotransmitter support and promoting a state of relaxation. Preliminary research suggests that kava supports healthy GABA activity by interacting with its receptors. Kavalactones have been demonstrated in studies to cross the blood-brain barrier, which explain their rapid effects. Kava is an excellent addition to a daily stress management program.

Formulation Features

- 400 mg of kava root, standardized to 120 mg kavalactones per capsule
- Ecologically harvested Kava from Vanuatu in the Pacific Islands
- Supports a whole-life stress management program
- In vitro research suggests that kavalactones support NF- κ B function

Formula

Each/Chaque vegi cap contains: Servings Per Container: 30

Kava Root, 30% Kavalactones (Piper methysticum)	400 mg
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Constituent Biomarker Per Dose

Kavalactones	120 mg
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† Daily Value not established

Non-Medicinal Ingredients: Hypromellose vegi capsule

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95% of our herbs and herbal extracts are certified organic.

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Supplementation

- One to two vegi-caps twice daily as needed, with or without food, or as directed by healthcare practitioner.

Diet & Lifestyle

- Minimize physical and emotional stress
- Eat organic, whole foods as much as possible
- Exercise moderately and consistently
- Avoid known allergens and toxic chemicals
- Sleep 7-8 hours minimum per night

Warning

- Excessive use or use with products that cause drowsiness may impair your ability to operate vehicles or heavy machinery. Do not use if you have liver and kidney disorders, pain, fever, vomiting, dark urine, yellow eyes or skin. Consult a health practitioner for use beyond 6 months.

REFERENCES:

Garrett KM, *Psychopharmacology* (Berl). (2003)

Yew-Min Tzeng, *Neural Regen Res*. 2015 Jun; 10(6): 875–877.

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