Kava Forte: Calming & Relaxing

The root of *Piper methysticum* (Kava) is a significant plant to many societies in the Pacific Ocean: drinking a beverage prepared from it was once an integral part of ceremonial, social, political and economic life. Kava has in the past been used in nearly all Pacific islands including Hawaii, but not New Zealand, New Caledonia or most of the Solomon Islands. One of the first people to describe Kava drinking to the Western world was Captain James Cook, in the account of his voyage to the South Seas in 1768.\(^1,2\)

Kava is a member of the pepper family. It is a hardy, slow-growing, attractive shrub that can reach heights of more than 3 meters (10 feet). The plant does not have many leaves, but they are quite long and heart-shaped. The average fresh weight of Kava’s root system is one kilogram (2.2 pounds) at the age of 10 months.\(^1\)

Kava has also been used traditionally in some of the herbal systems of the Pacific region, and more recently by natural clinicians of the Western tradition. Important constituents of Kava are the kavalactones. Extracts of herbs may be ‘standardized’ – this means they must contain a certain amount of important constituents. Top quality Kava extracts are standardized for kavalactone content.\(^*\)

How Kava Forte Keeps You Healthy

Calm the nerves, promote relaxation and sleep

In societies of the Pacific Islands, water preparations of Kava were given traditionally to:\(^2,3,4\)

- calm the nerves
- relax the mind and body
- support refreshing sleep
- support the relief of muscular tension

Kava was also used to relax the mind and body in the Western herbal tradition.\(^5,6\)

In a randomized, controlled clinical trial, Kava was found to have a calming effect on the nerves of participants who took the standardized tablets for 8 weeks.\(^2\) Kava Forte contains the same extract that was evaluated in this trial.

Another clinical trial found that standardized Kava extract was able to relieve occasional sleeplessness in those who were experiencing everyday tension. General well-being also increased.\(^4\)\(^*\)

Absorption of water extract

The difference in absorption of water extract of Kava and ethanol extract of Kava was tested using the Caco-2 monolayer model. This experiment uses a single layer of intestinal cells. It is an *in vitro* test, meaning that it occurs in a laboratory dish, although it represents what is likely to happen in the human body. The water extract had similar results to that...
of the ethanol extract, except for one kavalactone. The kavalactones in the water extract crossed the intestinal membrane quite readily. This suggests that the effect of the water extract of kava on body tissues would be similar to that of an ethanol extract.\(^*\)

**Safety of water extract**

In 2011, researchers in Australia evaluated a water extract of Kava that had been available on the Australian market for many years. They found no significant differences in the results of liver function tests between those taking Kava and those taking a placebo. In this well-designed trial, participants took Kava tablets for 8 weeks with the daily dosage providing 120 mg or 240 mg of kavalactones. (Some participants had their dosage increased during the trial.) Also, there were no significant adverse reactions observed in those taking Kava.\(^*\) Kava Forte contains the same extract that was evaluated in this trial.*

### What Makes Kava Forte Unique

**Kava Forte is unique in the professional herbal products industry because:**

- It was the first standardized water extract of Kava available to health care professionals in Australia.
- It contains the water extract standardized for kavalactones that has been evaluated in several clinical trials conducted in Australia.
- Analytical research into its potential absorption has been conducted in Australia.*

#### Unique Manufacture & Analytical Testing

**Quality and safety ensured**

- Raw materials and finished product are subjected to tough quality standards

#### References

4. Itumbl M. *J Polynes Soc* 1948; 57: 105-111

*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.*