Kava Forte
Essential Mood Support
Kava Forte: Essential Mood Support

Maintaining a healthy balance of the mind, body and nervous system is necessary to enjoy a happy life. Stress can affect our emotional balance, cognitive function, energy and general well-being.

Kava Forte from MediHerb is designed to promote relaxation and relieve anxious feelings to help patients adapt to the pressures of everyday life. Our efficacious formula contains Kava root extracted with 100% water to provide a full spectrum of important compounds, including kavalactones. MediHerb invested in research to understand the phytochemistry and activity of Kava so you can be assured of the best possible outcomes for your patients. To ensure optimal strength and quality, each tablet is standardized to contain 50 mg of kavalactones.*

Why Use MediHerb’s Kava Forte?
• Water Extracted: Kava Forte respects the traditional preparation and usage of Kava. It is made from 100% water extraction.
• Safety: The safety of water extract of Kava has been evaluated in a number of studies.†
• Noble Cultivars: MediHerb uses only the noble cultivars of Kava – the prized varieties chosen by traditional producers of Kava.
• Research Investment:
  □ The traditional Kava preparation and usage is validated by research. We believe MediHerb is the only company to invest in research of aqueous extracted Kava.
  □ MediHerb supplied Kava tablets for numerous positive clinical trials and continues to work with researchers to better understand the therapeutic activity of Kava.‡
  □ MediHerb invested in analytical research to understand the in vitro bioavailability of water versus ethanol extracts of Kava. This research has been published in a peer-reviewed scientific journal, so health care professionals could have peace of mind in prescribing the new water based extract.¶

MediHerb has a long history with Kava research and clinical use. Kava is one of the favorite herbs of Professor Kerry Bone, MediHerb Co-Founder and Director of Research and Development.

Kava and Mood Support* In press 2013

Trial Details
• randomized, double-blind, placebo-controlled; 8 weeks duration
• dosage: 120-240 mg/day of kavalactones

Results
• moderate but statistically significant mood change for the Kava group compared to placebo group
  □ reduction of 7.6 points on HAMA† for Kava compared to 4.2 points for placebo (p = 0.046)
  □ at the end of the controlled phase (i.e. week 7), 26% of the Kava group were classified as remitted (HAMA score ≤ 7) compared to 6% of the placebo group (p = 0.04)
  □ specific GABA transporter polymorphisms appear to potentially modify the response to Kava*§

Bioavailability of Aqueous vs Ethanol Extracted Kava

MediHerb investigated the difference in bioavailability of the water extract of Kava and the 96% ethanol extract using the Caco-2 monolayer in vitro model. The kavalactones were found to be potentially bioavailable as they all crossed the membrane quite readily with the exception of one kavalactone (yangonin). The water extract of Kava was only slightly less bioavailable than the ethanol extract. MediHerb believes the clinical effect of the water extract of Kava would be similar to that of an ethanol extract.¶

MediHerb is committed to high quality Kava. Over the years we have invested in research to deepen our understanding of the phytochemistry, bioavailability and therapeutic activity of Kava. Detailed below are summaries of some of this research which have been published in peer-reviewed journals.
Kava: Analysis of Adverse Reactions, Liver Function, Addiction and Sexual Effects

**Trial Details**
- randomized, double-blind, placebo-controlled; 3 weeks duration
- dosage: 120-240 mg/day of kavalactones

**Results**

**Quantitative (Research)**
- HAMA scores reduced by 9.9 points when Kava was received during phase 1, compared with a reduction of 6.8 for placebo
- HAMA scores reduced by 10.3 points when Kava was received during phase 2, compared with an increase of 3.3 for placebo
- considering both phases of the trial, Kava was highly significant in mood change compared to placebo (p < 0.0001)
- reduction of 11.4 points over placebo on HAMA compared favorably to benzodiazepine efficacy

**Qualitative (descriptive) Research**
- majority of participants experienced the following changes while taking Kava tablets: enhanced mood, improvement in sleep, beneficial effects on the physical signs of mood change
- some negative experiences were reported (Kava and placebo)
- a specific theme was identified: Kava supported relief of muscular tension

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Kava: Analysis of Adverse Reactions, Liver Function, Addiction and Sexual Effects

**Trial Details**
- double-blind, placebo-controlled, crossover; 3 weeks duration
- dosage: 120-240 mg/day of kavalactones

**Results**

**Quantitative Research**
- no significant differences between the Kava and placebo groups for liver function tests
- no significant adverse reactions could be attributed to Kava
- withdrawal or addictive effects were not observed
- Kava significantly increased women's sexual drive compared to placebo, no significant negative effects on sexual function observed in men, compared to placebo

**References**

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