

Kava Forte

Nervous System, Sleep & Relaxation Support*



M1345 40 Tablets

Traditionally, Kava has been used to relax the mind, body and nerves and relieve nervous tension.* **Kava Forte** contains only the noble cultivars of Kava, providing 50 mg of kavalactones per tablet. The compounds in **Kava Forte**, particularly the kavalactones work together to:

- ✓ Calm the nerves*
- ✓ Ease the effects of temporary nervous tension and stress*
- ✓ Promote relaxation and sleep*
- ✓ Support muscle relaxation*

Committed to High-Quality Kava

Kava has been used traditionally in the Pacific regions and more recently by natural health care practitioners utilizing Western traditional principles.¹ MediHerb utilizes a carefully chosen noble Kava variety sourced from the Vanuatu islands of Pentecost, Santo and Malekula. The carefully selected noble Kava contains specific phytochemicals called kavalactones. Within this phytochemical kavalactone profile is the constituent Kawain, which is the main active responsible for delivering the clinical outcome. MediHerb works closely with the local community in Vanuatu to benefit from their local knowledge to produce the best quality Kava and to ensure future sustainable plant growth.

Traditional Use

Traditionally, Kava has been used to help induce relaxation. Kava is a Pacific Island plant used over thousands of years for its soothing, relaxing effects.* Travelers to the South Pacific were traditionally welcomed with a ceremonial Kava beverage, so they could relax and enjoy the paradise of the islands. Kava has also been traditionally used in herbal preparations to support healthy sleep and reduce occasional sleeplessness.* Research is reflecting this proud traditional use with studies supporting Kava's traditional use in inducing restful sleep and relieving occasional sleeplessness.*^{2,3}

Suggested Use:

1 tablet 2-3 times daily, or as directed.

Supplement Facts			
Serving size:	1 Tablet		
Servings per container:	40		
	Amount per Serving	%DV	
Kava root 7:1 water extract from <i>Piper methysticum</i> root 3.2 g Containing kavalactones 50 mg	455 mg	†	
† Daily Value (DV) not established.			

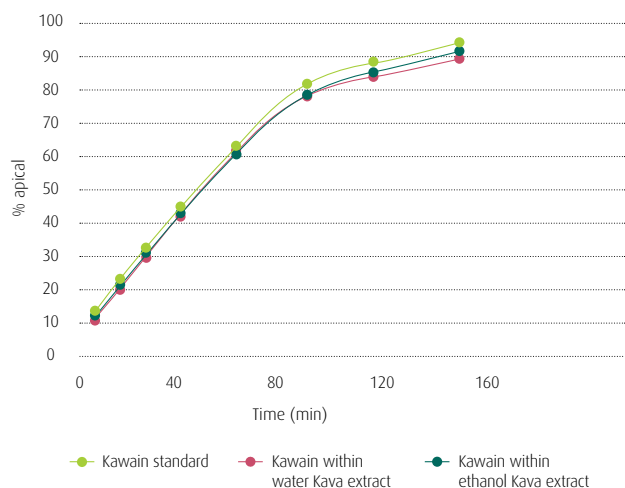
Other Ingredients: Microcrystalline cellulose, maltodextrin, magnesium stearate, silicon dioxide, hypromellose, sodium starch glycolate and dibasic calcium phosphate dihydrate.

Caution: US FDA advises that a potential risk of rare, but severe, liver injury may be associated with kava-containing dietary supplements. Ask a health care professional before use if you have or have had liver problems, frequently use alcoholic beverages, or are taking any medication. Stop use and see a doctor if you develop symptoms that may signal liver problems (eg unexplained fatigue, abdominal pain, loss of appetite, fever, vomiting, dark urine, pale stools, yellow eyes or skin). Not for use by persons under 18 years of age, or by pregnant or breastfeeding women. Not for use with alcoholic beverages. Excessive use, or use with products that cause drowsiness, may impair your ability to operate a vehicle or dangerous equipment. Not for prolonged use. Do not exceed recommended dose.

Why Use MediHerb Kava Forte:

- ✓ **Water extract:** Our formula contains Kava root extracted with 100% water to provide a full spectrum of the kavalactone phytochemicals. To ensure optimal strength and quality, each tablet is standardized to contain 50 mg of kavalactones.
- ✓ **Safety:** Safety of water-extracted noble Kava cultivars has been evaluated in several studies.⁴⁻⁷
- ✓ **Noble cultivars:** MediHerb only uses the noble cultivars of Kava – the prized varieties chosen by traditional producers of Kava.
- ✓ **Manufactured to Pharmaceutical GMP standards:** All MediHerb products are manufactured under pharmaceutical GMP quality and subject to rigorous and specialized testing to ensure batch-to-batch consistency.

Figure 1: Effect of extraction method and the presence of other kavalactones on Kawain permeability



Study Findings:

- The kavalactones including Kawain 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 is similar to that of an ethanol extract in this model. Therefore, the clinical effect of the water extract of Kava is likely to be similar to that of an ethanol extract, with fewer hepatotoxicity concerns.⁸

How Kava Forte Supports Your Health:

- ✓ Traditionally used to relax the mind, body and nerves^{*2,3}
- ✓ Relieves mild nervous tension^{*9}
- ✓ Promotes muscle relaxation and helps overcome occasional sleeplessness^{*2,10-12}
- ✓ Traditionally used to ease the effects of everyday tension and stress^{*13,14}

References

- 1 Organisation WH. Rhizome Piperis Methysticum WHO Monographs on selected medicinal plants 2002;**2**:231-45.
- 2 Bone K, Mills S. *Principles and Practice of Phytotherapy: Modern Herbal Medicine*. 2nd Edition ed. Sydney: Elsevier Ltd; 2013.
- 3 Bone K. *A Clinical Guide to Blending Liquid Herbs*. Missouri: Churchill Livingstone; 2003. p. 80-2.
- 4 Singh YN, Devkota AK. *Planta Med* 2003; 69(6): 496-499
- 5 Teschke R, Sarris J, Glass X, Schulze J. *Br J Clin Pharmacol* 2011; 71(3): 445-448
- 6 Teschke R. *Liver Int* 2010; 30(9): 1270-1279
- 7 Sarris J, Stough C, Teschke R et al. *Phytother Res* 2013; 27(11): 1723-1728
- 8 Matthias A, Blanchfield JT, Penman KG et al. *J Clin Pharm Ther* 2007; 32(3):233-239
- 9 *Piperis Methysticum Rhizoma European Scientific Cooperative on Phytotherapy 2003*;2nd Edition (Monographs):365-82.
- 10 Wheatley D. *Kava and valerian in the treatment of stress-induced insomnia. Phytotherapy Research*. 2001;**15**(6):549-51.
- 11 Kava-Kava British Herbal Medicine Association *British Herbal Compendium* 2006;**2**:242-50.
- 12 Lehl S. *Clinical efficacy of kava extract WS® 1490 in sleep disturbances associated with anxiety disorders: Results of a multicenter, randomized, placebo-controlled, double-blind clinical trial. Journal of affective disorders*. 2004;**78**(2):101-10.
- 13 Cropley M, Cave Z, Ellis J, Middleton R. *Effect of kava and valerian on human physiological and psychological responses to mental stress assessed under laboratory conditions. Phytotherapy Research*. 2002;**16**(1):23-7.
- 14 M. B. *Kava Kava The Complete German Commission E Monographs*. 1998;**1**:156-7.

MediHerb Quality Choice

Results-driven formulations

MediHerb develops formulas focused on perfecting the balance of the highest quality ingredients to produce the highest quality herbal supplements. Our commitment to quality governs all aspects from sourcing to bottle to ensure the high standard of our herbal extracts.

Strict product testing

MediHerb has developed a strict quality assurance program that goes beyond industry standards. This is upheld with precision and dedication so you can be confident MediHerb products are free from adulterants and contamination, while containing the right levels of active phytochemicals that result in a quality end product.



Please consult the product packaging label for the most accurate product information.

© 2020 MediHerb. All rights reserved. LN00657 03/20