



## Kava Forte

Naturally Relaxing\*



## Delivering Health Solutions That Work

MediHerb was co-founded in 1986 by world-renowned phytotherapist, Professor Kerry Bone. In his words, "Our passion at MediHerb is to unlock the healing power of plants by combining the time-honored wisdom of traditional knowledge with sound clinical experience and the rigor of scientific research. This quest can only be attained by the total commitment to quality and continuous improvement which permeates every aspect of our endeavors."

In over 25 years of operation MediHerb has not only demonstrated an unwavering commitment to quality in herbal products, we have redefined it. We believe our unique approach to quality sets a standard for herbal products that is unsurpassed in the world today.

Kerry Bone and over 20 health care professionals work within MediHerb while still maintaining their own clinical practices. We know from our experience that the quality of a product you take makes a huge difference to the health outcome you experience. We dedicate ourselves to researching and making the best possible products to deliver you health solutions that work.



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Naturally Balance Mood



Kava Forte



# Kava Forte – Naturally Relaxing

It's not unusual to feel nervous or uneasy when we're faced with an important decision or dealing with finances, family issues, work or study problems. Sometimes these feelings can leave us tired and stressed.

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.

MediHerb's Kava Forte is a well-balanced herbal formulation which may help relieve anxious feelings and improve mood and mental well-being.\*

## What is Kava Forte?

Made from the highest quality Kava root, MediHerb's Kava Forte is a potent herbal supplement which may help put the mind and body at ease, promote a calmer and more positive mood, and help encourage restful sleep.\*

Kava Forte respects the traditional wisdom behind centuries of Kava use. To ensure optimum efficacy, it is made using only noble cultivars of Kava, through a 100% water extraction process. The noble cultivars are the prized varieties of the Kava plant that have been cultivated by traditional producers of Kava for centuries. Science has shown that they are chemically different to other varieties of Kava. The noble cultivars were traditionally extracted in water. This time-honored technique maintains the full range of important compounds, including the vitally important kavalactones. It is these unique plant chemicals that are regarded as the key to Kava's effect on the structure and function of the body.\*

The safety of water extracted Kava has been evaluated in a number of studies.<sup>1-4</sup> We believe MediHerb is the only company to invest in the research of water extracted Kava, to better understand this unique herb.<sup>5\*</sup>

*"Worry does not empty tomorrow of its sorrow, it empties today of its strength."*

Corrie ten Boom

## How is MediHerb's Kava Forte Unique?

MediHerb's Kava Forte is made only from water extracted noble cultivars of Kava, strictly regulated and carefully selected. Using our superior technical expertise, MediHerb also tests the Kava raw material for the quantity of the important compounds, kavalactones.

Herbal manufacturers in Australia are required by law to operate according to pharmaceutical manufacturing standards. Rest assured, all MediHerb products are made according to these exacting criteria, so you can be 100% confident in all our products.

MediHerb supplied Kava tablets for numerous positive clinical trials and continues to work with researchers to better understand the therapeutic activity of Kava.<sup>6-9\*</sup>

## Who Needs Kava Forte?

For adults coping with simple nervous tension, stress or mood swings, Kava Forte may provide the support you need to maintain mood balance and well-being.\*

If you are having trouble "winding down" in the evenings, it may help to promote a better, healthier sleep pattern.\*

Being calm and relaxed can also make a difference for people experiencing muscle cramps and physical tension. Discover the abundant benefits Kava Forte may provide for natural relaxation.\*



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## Compelling Benefits

MediHerb's Kava Forte may help relax both body and mind, soothe nerves and induce sound sleep. This tailored formulation includes 50 mg of kavalactones per tablet, for optimal strength and quality, and its efficacious compounds work together to:

- Calm the nerves
- Ease the effects of mild tension and stress
- Promote relaxation and sleep
- Support muscle relaxation\*

Give yourself natural help that may improve mood balance, relieve everyday nervous tension and help support restful sleep. Ask your health care professional today if Kava Forte is the right herbal supplement for you. They will also inform you of any cautions to be aware of when taking this product.\*

<sup>1</sup> Singh YN, Devkota AK. *Planta Med* 2003; **69**(6): 496-499

<sup>2</sup> Teschke R, Sarris J, Glass X, Schulze J. *Br J Clin Pharmacol* 2011; **71**(3): 445-448

<sup>3</sup> Teschke R. *Liver Int* 2010; **30**(9):1270-1279

<sup>4</sup> Sarris J, Stough C, Teschke R et al. *Phytother Res* 2013; [Epub ahead of print]

<sup>5</sup> Matthias A. et al. *J Clin Pharm Ther* 2007; **32**: 233-239

<sup>6</sup> Sarris J, Stough C, Bousman CA et al. *J Clin Psychopharmacol* In Press

<sup>7</sup> Sarris J, Kavanagh DJ, Byrne G et al. *Psychopharmacology* 2009; **205**(3): 399-407

<sup>8</sup> Sarris J, Adams J, Kavanagh DJ. *Aust J Med Herb* 2010; **22**(1): 12-16

<sup>9</sup> Sarris J, Stough C, Teschke R et al. *Phytother Res* In Press

\*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.

You Can Rely on Kava Forte