

How is Kava Forte Different?



Calms the **mind**,
body and **nerves***



Water-extracted
to ensure
quality and **safety**



Clinically trialed
formula



Manufactured to
pharmaceutical
GMP standards



Kava (*Piper methysticum*)

MEDIHERB

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Exclusive United States Distributor of MediHerb®

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Delivering Health Solutions That Work

At MediHerb we are passionate about you and your health.

We know from our experience as health care professionals that the quality of a product you take makes a huge difference in the health outcome experienced. We dedicate ourselves to researching and making the best possible products to deliver optimal health solutions.*

MediHerb products are developed by experts and leaders in the field of natural medicine, using scientific evidence and hundreds of years of traditional knowledge. Our products are made with only the highest-quality ingredients and manufactured in an industry-leading facility.

MediHerb® Kava Forte

Nervous System, Sleep
& Relaxation Support*



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MediHerb® Kava Forte

Nervous System, Sleep & Relaxation Support*



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.

Kava Forte may help relieve nervous tension and improve occasional sleeplessness and mental well-being.*

What is Kava Forte?

Kava Forte is a herbal supplement made from the highest quality Kava root, traditionally used to help put the mind and body at ease and help encourage restful sleep.*

Kava Forte respects the traditional wisdom behind centuries of Kava use. To ensure high quality, 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.¹⁻⁴ We believe MediHerb is the only company to invest in the research of water-extracted Kava, to better understand this unique herb.^{5*}

Who Needs Kava Forte?

For adults coping with simple nervous tension, stress or occasional sleeplessness, Kava Forte may provide the support you want to promote relaxation, relieve nervous tension and support well-being.*

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

Kava root has also been used traditionally to relax the muscles and promote physical relaxation.*

Compelling
Benefits



Kava Forte may help relax both body and mind, soothe nerves and induce sound sleep.* This clinically trialed formulation includes 50 mg of kavalactones per tablet, for optimal strength and quality. Kava root has been traditionally used to:

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



Ask your health care professional today about Kava Forte.

They will be able to inform you of any cautions to be aware of when taking this product.

¹ Singh YN, Devkota AK. *Planta Med* 2003; 69(6): 496-499
² Teschke R, Sarris J, Glass X, Schulze J. *Br J Clin Pharmacol* 2011; 71(3): 445-448
³ Teschke R. *Liver Int* 2010; 30(9):1270-1279
⁴ Sarris J, Stough C, Teschke R et al. *Phytother Res* 2013; [Epub ahead of print]
⁵ Matthias A. et al. *J Clin Pharm Ther* 2007; 32: 233-239

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