

Kava Kava™

Relax Your Body and Reduce Stress

Between hectic daily schedules and immense responsibilities, many of us find life to be full of stress. At times, stress can manifest itself both mentally and physically, making it difficult to relax and sleep well. Certain herbs have the ability to aid the body's natural relaxation process.

Kava kava is such an herb. Kava kava comes from the rhizome of the Piper methysticum plant of the pepper family, indigenous to Polynesia and Indonesia. Historically it was prepared as a ceremonial drink to welcome visiting dignitaries.



INGREDIENTS

Each capsule of NSP Kava Kava contains 200 mg of concentrated *kava kava root extract*, standardized to 30 percent total kavalactones.

HOW IT WORKS

Unlike many popular prescription relaxation drugs that promote sedation, kava kava reduces anxiety but does not impair mental function or promote sedation. Kava kava contains compounds called kavalactones that have been shown to help thwart anxiety, relieve pain, relax muscles and prevent convulsions in animals.

BENEFITS

- Helps muscles relax without dulling the senses.
- Works on the central nervous system to promote relaxation, especially during stress and depression.
- Promotes more restful sleep.
- Promotes feelings of well-being.

SCIENTIFIC SUPPORT

A double-blind, placebo-controlled study of anxiety sufferers showed that kava kava provided significant superiority over a test drug after eight weeks of use.

Additional studies suggest that kavalactones influence the limbic system of the brain, the area where emotions are centered. Further studies using animals show that kava kava acts as a sedative, analgesic, anticonvulsant and muscle relaxant.

RECOMMENDED USE

Take up to 2 capsules during the day, and take 1-2 capsules with your evening meal or at night, in preparation for bedtime.

COMPLEMENTARY PRODUCTS

- **Nutritional:** STR-J, STR-C, Melatonin, B-Complex, Super Supplemental, RE-X, Eight.
- **Homeopathic:** Nervousness, Distress Remedy, Calming.
- **Essential Oils:** Lavender, Roman Chamomile, Tranquility.

USER CARE

Kava Kava should not be used by pregnant or lactating women; it should not be used in conjunction with alcohol. Do not use when driving a motor vehicle or operating machinery. Keep out of reach of children.

*Kava Kava™ concentrate (60)
Stock No. 405-9*



Contact your local NSP Herb Specialist: