Product Information

Item	**Kava Kava 200 mg**
Size/Form	30 Capsules
SKU Number	949
Recommended Daily Dosage	Take 1 capsule 1-2 times daily with meals. **IMPORTANT!** Read entire label before use.

Click here to read frequently asked questions about this product.

•*May Promote Relaxation**

•*Guaranteed Herbal Extract*

SUPPLEMENT FACTS

Serving Size: 1 Capsule
Servings Per Container: 30

Ingredient	Amt Per Serving	% Daily Value
Kava Kava Extract (root)	200 mg	**
¨Kavalactones (30%)	60 mg	**

**Daily value not established.

Other Ingredients

Rice Powder, Gelatin, Silica, Magnesium Stearate.

NO Yeast, Wheat, Corn, Milk, Egg, Soy, Glutens, Artificial Colors or Flavors, Added Sugar, Starch or Preservatives.

Other Information

STORE IN A COOL DRY PLACE.
KEEP OUT OF REACH OF CHILDREN.

Warning: The FDA recommends that people who have or have had liver problems and/or liver disease, persons who frequently use alcoholic beverages, or persons who are taking any medication, should consult a physician before using supplements containing kava. Stop use and see a physician if you develop symptoms that may signal liver problems (e.g., unexplained fatigue, abdominal pain, loss of appetite, fever, vomiting, brown urine, light-colored stools, yellow eyes or skin). Not for use by persons under 18 years of age, or by pregnant or breast-feeding women. Do not exceed recommended dosage. Not for use with alcoholic beverages. Excessive use, or use with products that cause drowsiness, may impair your ability to operate a vehicle or heavy equipment. Kava-containing products should not be taken for more than four weeks without consulting a physician. Do not take more than a total of 300 mg kavalactones per day.

*** 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.**

For product questions, please e-mail customer-service@natrol.com,
or contact a Consumer Relations Representative toll free at
800-2-NATROL (800-262-8765)

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