



Quality is our Passion
Passion Flower (*Passiflora incarnata*)

Kava Forte: Calming & Relaxing

The root of *Piper methysticum* (Kava) is a significant plant to many societies in the Pacific Ocean: drinking a beverage prepared from it was once an integral part of ceremonial, social, political and economic life. Kava has in the past been used in nearly all Pacific islands including Hawaii, but not New Zealand, New Caledonia or most of the Solomon Islands. One of the first people to describe Kava drinking to the Western world was Captain James Cook, in the account of his voyage to the South Seas in 1768.^{1,2}

Kava is a member of the pepper family. It is a hardy, slow-growing, attractive shrub that can reach heights of more than 3 meters (10 feet). The plant does not have many leaves, but they are quite long and heart-shaped. The average fresh weight of Kava's root system is one kilogram (2.2 pounds) at the age of 10 months.¹

Kava has also been used traditionally in some of the herbal systems of the Pacific region, and more recently by natural clinicians of the Western tradition. Important constituents of Kava are the kavalactones. Extracts of herbs may be 'standardized' – this means they must contain a certain amount of important constituents. Top quality Kava extracts are standardized for kavalactone content.

How Kava Forte Keeps You Healthy

Calm the nerves, promote relaxation and sleep

In societies of the Pacific Islands, water preparations of Kava were given traditionally to.^{2,3,4}

- calm the nerves
- relax the mind and body
- support refreshing sleep
- support the relief of muscular tension

Kava was also used to relax the mind and body in the Western herbal tradition.^{5,6}

In a randomized, controlled clinical trial, Kava was found to have a calming effect on the nerves of participants who took the standardized tablets for 8 weeks.⁷ Kava Forte contains the same extract that was evaluated in this trial.

Another clinical trial found that standardized Kava extract was able to relieve occasional sleeplessness in those who were experiencing everyday tension. General well-being also increased.⁸

Absorption of water extract

The difference in absorption of water extract of Kava and ethanol extract of Kava was tested using the Caco-2 monolayer model. This experiment uses a single layer of intestinal cells. It is an *in vitro* test, meaning that it occurs in a laboratory dish, although it represents what is likely to happen in the human body. The water extract had similar results to that

Supplement Facts

Serving size:	1 tablet	
Servings per container:	40	
Amount per Serving		%DV
Calories	4	
Kava root 7:1 water extract from <i>Piper methysticum</i> root 3.2 g	455 mg	†
Containing kavalactones 50 mg		
† Daily Value (DV) not established.		

Other ingredients: Water, cellulose, hypromellose, maltodextrin, silicon dioxide, sodium starch glycollate, magnesium stearate and calcium acid phosphate.

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.

Product No M1345 Content 40 Tablets



Professor Kerry Bone
MediHerb Co-Founder and
Director of Research and Development

A Phytotherapist's Passion

"Philosopher and teacher Rudolf Steiner once said that, for every human illness, somewhere in the world there exists a plant which is the cure. I believe that there is a healing potential locked inside plants which is integral with their evolution, just as it is part of human evolution to learn to tap this wonderful gift of Nature."

of the ethanol extract, except for one kavalactone. The kavalactones in the water extract crossed the intestinal membrane quite readily. This suggests that the effect of the water extract of Kava on body tissues would be similar to that of an ethanol extract.⁹

Safety of water extract

In 2011, researchers in Australia evaluated a water extract of Kava that had been available on the Australian market for many years. They found no significant differences in the results of liver function tests between those taking Kava and those taking a placebo. In this well-designed trial, participants took Kava tablets for 8 weeks with the daily dosage providing 120 mg or 240 mg of kavalactones. (Some participants had their dosage increased during the trial.) Also, there were no significant adverse reactions observed in those taking Kava.¹⁰ Kava Forte contains the same extract that was evaluated in this trial.

What Makes Kava Forte Unique

Kava Forte is unique in the professional herbal products industry because:

- It was the first standardized water extract of Kava available to health care professionals in Australia.
- It contains the water extract standardized for kavalactones that has been evaluated in several clinical trials conducted in Australia.
- Analytical research into its potential absorption has been conducted in Australia.

Unique Manufacture & Analytical Testing

Quality and safety ensured

- Raw materials and finished product are subjected to tough quality standards

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MediHerb products are developed by experts and leaders in the field of herbal therapy, using scientific evidence and hundreds of years of traditional knowledge.

Kerry Bone and over 20 health care professionals work within MediHerb while still managing their own clinical practices, plus we consult with an advisory board of health care professionals from around the world.

Our products are made using only the highest quality ingredients which are extensively tested for purity and potency. The MediHerb manufacturing plant operates to a strictly regulated pharmaceutical standard and is regularly audited by the Therapeutic Goods Administration (similar to the FDA), the same body that audits conventional pharmaceutical manufacturing facilities. The comprehensive regulations in Australia mean that you receive a safe and effective product that has been manufactured to pharmaceutical standards.

We know from our experience as health care professionals 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 health solutions that work.



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