



NATURE'S SUNSHINE

Kava Kava

GOOD FOR

Nervous System

Brain

Muscles

SIZE **60 Capsules**

ITEM # **405**

SERVING **1-2**

SUPPLY **15-20 days**

DIRECTIONS FOR USE Take 1 capsule with a meal twice daily. Bedtime dose: Take 1-2 capsules 30 minutes before bedtime.

— How the Key Ingredients Work

Kava Kava draws on centuries of Pacific Island tradition, delivering the naturally occurring compounds found in the kava root that have been studied for their ability to help quiet a busy mind, ease everyday tension, and support a greater sense of calm and wellbeing.

Kava Root (Piper methysticum) — Calm & Relaxation — For generations, Pacific Islanders have gathered to share kava as a way to unwind and connect. The active compounds in kava root work with the brain's natural calming pathways, helping to ease tension and promote a relaxed, settled feeling without dulling the mind.

Kava Root — Anxiety Support — Multiple placebo-controlled studies and a Cochrane review of 12 clinical trials found kava to be superior to placebo for supporting a calmer mental state. It's one of the most thoroughly researched botanical options for people looking for everyday anxiety relief and emotional balance.

Kava Root — Mood & Emotional Wellbeing — Kava's calming properties don't just stop at relaxation — research shows that as anxiety eases, mood often lifts alongside it. Clinical trials have noted secondary improvements in overall emotional wellbeing, making kava a well-rounded choice for those navigating stress-related low moods.

Kava Root — Stress Relief — When life feels overwhelming, kava root has traditionally been the go-to remedy across Polynesia, Melanesia, and Micronesia. Its naturally occurring kavalactones help take the edge off daily stress, supporting the kind of deep, easy relaxation that makes it easier to face whatever comes next.

Kava Root — Sleep & Winding Down — Because kava helps quiet mental chatter and ease physical tension, it has long been used as an evening ritual to help the body and mind transition into rest. A calmer nervous system at bedtime is a natural first step toward more restful, restorative sleep.

Kava Root — Social Ease — Across Pacific Island cultures, kava has always been a social drink — shared in ceremony and community to encourage openness, ease, and connection. Its gentle calming effect can help take the edge off social nervousness, making everyday interactions feel more comfortable and natural.

Kava Root — Cravings & Habit Support — Preliminary clinical research suggests kava may help reduce cravings for alcohol and other substances. While research is still early, these findings point to kava's potential as a supportive tool for those working to build healthier habits and manage unwanted urges.

Kava Root — Traditional Ceremonial Use — Long before modern research caught up, Pacific Island communities had already discovered what kava could do. Used in sacred ceremonies for centuries, kava root was trusted to ease the mind, open the heart, and bring people together — a tradition that speaks volumes about its enduring value.

Kava Root — Natural Kavalactone Complex — The magic of kava lies in its unique family of active compounds called kavalactones. These naturally occurring substances are found only in the kava plant and are responsible for its well-known calming, relaxing effects — making the quality and source of the root critically important.

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