

MEDI  HERB[®]

MediHerb[®] Kava Forte

The Quality Choice for Practitioners



- ✓ Kava root extracted with 100% water
- ✓ Using only the noble cultivars of Kava—the prized varieties chosen by traditional producers of Kava
- ✓ Quality-tested formula for nervous system support*



Kava Forte

M1345

40 tablets

VG

Kava is a powerful herb, but its phytochemistry can vary. That's why finding the highest quality Kava and manufacturing it with care and precision is vital in helping practitioners improve the lives of their patients.

MediHerb® Kava is sourced from the Vanuatu islands of Pentecost, Santo and Malekula. These specific locations produce the highest quality Kava, known as noble cultivars of Kava. This noble Kava is high in active phytochemicals such as kavalactones, and more specifically Kawain, which is the main active responsible for delivering a clinical outcome.*

At MediHerb®, we source the correct ratio of lateral and stump roots for use in our herbal formulas, as this ensures consistent kavalactones and consistent clinical results.

Choosing to work with the local community in Vanuatu allows us to benefit from their local knowledge of what is needed to grow the best quality Kava. We can also trust they will ensure the sustainable growth of this plant for years to come.

The compounds in Kava Forte, particularly the kavalactones, work together to:

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

Product Key

VG Vegan are devoid of animal-based tissue, animal-based gelatin, or fish oils. they are also devoid of animal-based ingredients such as dairy, eggs, honey, beeswax, and lanolin.

Suggested Use

1 tablet 2-3 times daily, or as directed.

Supplement Facts

Serving Size:	1 Tablet	
Servings per Container:	40	
	Amount per Serving	%DV
Calcium	81 mg	6%
Kava root 7:1 water extract from <i>Piper methysticum</i> root 3.2 g Containing kavalactones 50 mg	455 mg	†
† Daily Value (DV) not established.		

Other Ingredients

Dibasic calcium phosphate dihydrate, microcrystalline cellulose, silicon dioxide, magnesium stearate, hypromellose and sodium starch glycolate.

* 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.

Committed to High Quality Kava

Why Use MediHerb® Kava Forte?

- ✓ **Water Extract:** Our formula contains Kava root extracted with 100% water to provide a full spectrum of the important kavalactone compounds. To ensure optimal strength and quality, each tablet is standardized to contain 50 mg of kavalactones.*
- ✓ **Safety:** Safety of water-extracted noble Kava cultivars has been evaluated in a number of studies.¹⁻⁴
- ✓ **Noble Cultivars:** MediHerb® uses only the noble cultivars of Kava – the prized varieties chosen by traditional producers of Kava.
- ✓ **Quality Manufacturing:** At MediHerb®, products are manufactured according to strict manufacturing and laboratory practices. Due to the complex constituents present in a herb's

biological matrix, we've invested in our own state-of the art laboratories featuring the latest technological equipment for precision, accuracy and quality control.

✓ Research Investment:

- The traditional Kava preparation and usage is validated by research. We believe MediHerb® is the only company to invest in research of aqueous extracted Kava.
- MediHerb® supplied Kava tablets for numerous positive clinical trials and continues to work with researchers to better understand the clinical activity of Kava.^{4,7}
- MediHerb® invested in analytical research on the *in vitro* bioavailability of water versus 96% ethanol extract of Kava using the Caco-2 monolayer model. This was published in a peer-reviewed scientific journal, so practitioners could have peace of mind in prescribing the water-based extract.^{8*}

Premium Quality Kava – Backed By Research

MediHerb® is committed to providing practitioners with high-quality Kava, proudly supporting researchers in their work to deepen the understanding of the phytochemistry, bioavailability and clinical activity of herbs, including Kava. Some of the key findings of their Kava research which has been published in peer-reviewed journals, is detailed below.

Kava and Nervous Tension Support⁵

Published 2013

Trial Details

- Randomized, double-blind, placebo-controlled; 8 weeks duration
- Dosage: 120-240 mg/day of kavalactones

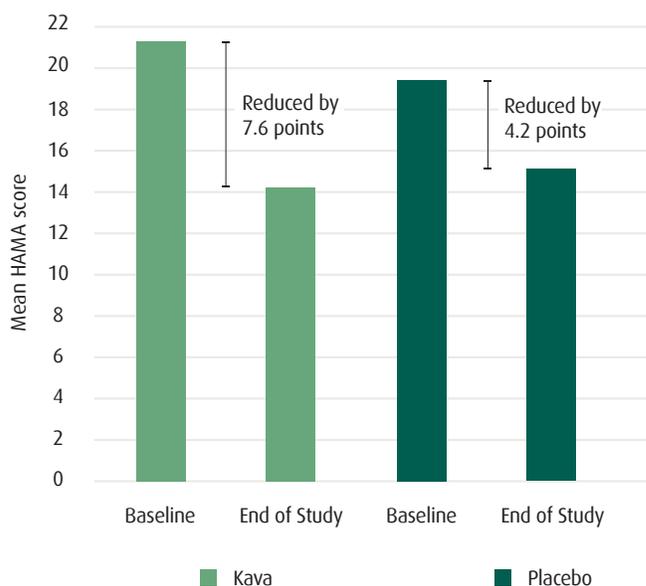
Results

- Reduction of 7.6 points on HAMA[†] for Kava compared to 4.2 points for placebo ($p = 0.046$)
- At the end of the controlled phase (i.e., week 7), 26% of the Kava group were classified as remitted (HAMA score ≤ 7) compared to 6% of the placebo group ($p = 0.04$)
- Specific GABA transporter polymorphisms appear to potentially modify the response to Kava

⁵ Sarris J, Stough C, Bousman CA et al. *J Clin Psychopharmacol* 2013; **33**(5): 643-648

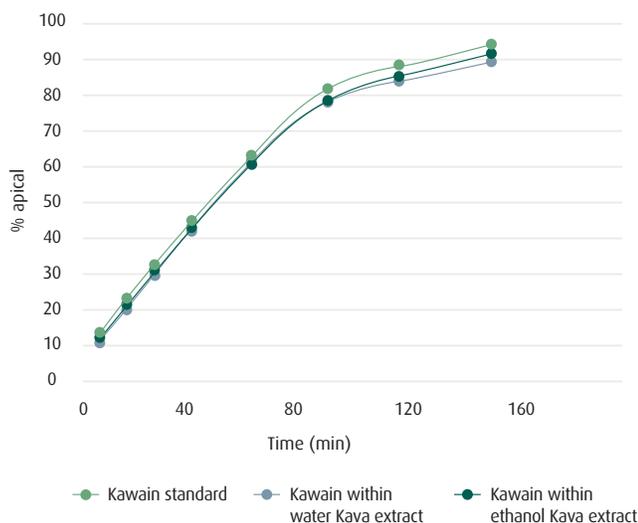
[†] HAMA is a measure commonly used by clinicians to rate nervous tension

Nervous Tension Support Study



Bioavailability of Aqueous vs. Ethanol-Extracted Kava

MediHerb® investigated the difference in bioavailability of the water extract of Kava and the 96% ethanol extract using the Caco-2 monolayer *in vitro* model. The kavalactones were found to be potentially bioavailable, as they all crossed the membrane quite readily with the exception of one kavalactone (yangonin). The water extract of Kava was only slightly less bioavailable than the ethanol extract. MediHerb® expects the clinical effect of the water extract of Kava to be similar to that of an ethanol extract.⁸



⁸ Matthias A, Blanchfield JT, Penman KG et al. *J Clin Pharm Ther* 2007; 32(3): 233-239

Kava: Liver Function, Effects and Events⁴

Published 2013

Trial Details

- Randomized, double-blind, placebo-controlled; 8 weeks duration
- Dosage: 120-240 mg/day of kavalactones

Results

- No significant differences between the Kava and placebo groups for liver function tests
- No significant reactions could be attributed to Kava
- Dependence was not observed

⁴ Sarris J, Stough C, Teschke R et al. *Phytother Res* 2013; 27(11): 1723-1728

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; 27(11): 1723-1728 ⁵ Sarris J, Stough C, Bousman CA et al. *J Clin Psychopharmacol* 2013; 33(5): 643-648 ⁶ Sarris J, Kavanagh DJ, Byrne G et al. *Psychopharmacology* 2009; 205(3): 399-407 ⁷ Sarris J, Adams J, Kavanagh DJ. *Aust J Med Herb* 2010; 22(1): 12-16 ⁸ Matthias A, Blanchfield JT, Penman KG et al. *J Clin Pharm Ther* 2007; 32(3): 233-239

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Please consult the product packaging label for the most accurate product information.

3-Week Kava Support Study: Nervous Tension Support

Published 2009/10

Trial Details

- Double-blind, placebo-controlled, crossover; 3 weeks duration
- Dosage: 250 mg/day of kavalactones

Results

Quantitative Research⁶

- HAMA scores reduced by 9.9 points when Kava was received during phase 1, compared with a reduction of 0.8 for placebo
- HAMA scores reduced by 10.3 points when Kava was received during phase 2, compared with an increase of 3.3 for placebo
- Considering both phases of the trial, the Kava had a highly significant change in nervous tension compared to placebo ($p < 0.0001$)

Qualitative Research⁷

- The majority of participants found Kava was reflective of its traditional use in its ability to promote relaxation, relieve nervous tension and induce a restful sleep
- A specific theme was identified: Kava has muscle-relaxant activity

⁶ Sarris J, Kavanagh DJ, Byrne G et al. *Psychopharmacology* 2009; 205(3): 399-407

⁷ Sarris J, Adams J, Kavanagh DJ. *Aust J Med Herb* 2010; 22(1): 12-16

Results on HAMA Scale for Patients in 3-Week Kava Support Study

