



One-a-day Kava 3800mg 30 Tablets

THOMPSON'S | TMKAV30

ALWAYS READ THE LABEL. FOLLOW THE DIRECTIONS FOR USE. For product specific label WARNINGS please refer to product section below.

BENEFITS

Thompsons One-A-Day Kava contains a high strength kava extract formulated for convenience with a One-A-Day dose. It relieves symptoms of:

- Mild anxiety and stress
- Nervous tension

Kava has been used traditionally in Pacific Islander medicine for its sedative and relaxant properties, to help relax the mind and body, to relax the nervous system and induce sleep.

SUITABLE FOR

- Those suffering from or prone to nervous tension
- Individuals suffering from or prone to stress
- Individuals suffering from or prone to mild anxiety
- Those suffering from or prone to sleeplessness and poor quality sleep
- Those suffering from muscular aches and pains

DIRECTIONS FOR USE

- Adults - Take one tablet daily (with food), or as professionally prescribed.
- Storage: Store below 30°C in a dry place

WARNINGS

This medicine may not be right for you. Read the label before purchase. Not for prolonged use. Do not take this product if pregnant or breastfeeding. May harm the liver. If symptoms persist, seek advice from a healthcare practitioner.

NO ADDED

- Gluten, lactose, nuts, shellfish, dairy, egg, fish, sesame seeds, soya beans. No artificial flavours or preservatives. Vegetarian/Vegan friendly.

PACK SIZES

- TMKAV30 - 30 Tablets

ACTIVE INGREDIENTS

Each tablet contains:

Piper methysticum (Kava) ext.	546mg
derived from dry whole plant	3.8g (3800mg)
std. to contain Kavalactones	60mg