



## One-a-day Kava 3800mg 30 Tablets

THOMPSON'S | TMKAV30

- Helps relieve stress, nervous tension and mild anxiety
- 100% water-extracted kava root - contains full spectrum of kava constituents
- High potency formula
- One-A-Day dose
- Vegetarian/Vegan friendly

### SUITABLE FOR

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- 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

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

## CAUTIONS AND INTERACTIONS

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- Not for prolonged use. Do not take this product if you are pregnant or breastfeeding. May harm the liver
- If symptoms persist consult your healthcare professional
- Use only as directed and always read the label

## BENEFITS

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- Helps relieve stress and nervous tension
- Relieves the symptoms of mild anxiety
- Kava helps promote a restful sleep
- Kava has sedative and muscle relaxant properties
- Relieves muscular aches and pains
- Thompson's One-A-Day Kava 3800 is extracted with 100% water and contains 60mg of the active component Kavalactone

## NO ADDED

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- Gluten, lactose, nuts, shellfish, dairy, egg, fish, sesame seeds, soy.
- No artificial flavours.
- Vegetarian/Vegan friendly.

## PACK SIZES

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- TMKAV30 - 30 Tablets

## ACTIVE INGREDIENTS

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Each tablet contains:

Herbal extracts equiv. to dry:	
Piper methysticum (Kava) root and rhizome	3.8g (3800mg)
equiv. to Kavalactones	60mg