

Kava Calm Px

Health Benefits:

- ✔ Kava Calm Px provides fast-acting relaxation support to enhance emotional wellbeing.
- ✔ Kava helps ease occasional anxiety and nervous tension without causing sedation or significantly compromising mental clarity.
- ✔ Supports a whole-life stress management program.

Formulation Features:

- ✔ Featuring high-potency kava root extracted from x, offering 240 mg of kavalactones per serving.
- ✔ Contains high levels of kavalactones which are believed to cross the blood-brain barrier to help quickly support calming GABA activity.
- ✔ Ecologically harvested Kava from the Pacific Islands.



RF-1166

Supplement Facts

	Amount Per Serving	% DV
Serving Size: 2 Capsules		
Servings Per Container: 15		
Kava Root (<i>Piper methysticum</i>)		
Kavalactones 240 mg	800 mg	†

† Daily Value (DV) not established

Other ingredients: Vegetable Capsule (cellulose)



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Kava Calm Px Supports Relaxation and Emotional Well-Being.

Key Ingredients

Kava's calming effects are primarily attributed to a group of bioactive compounds known as kavalactones, which support relaxation by modulating several neurotransmitter systems involved in stress and nervous system signaling. Kavalactones are understood to support GABA activity, helping promote neuronal calm without directly binding to GABA receptors in the same manner as sedative drugs. They also influence voltage-gated ion channels and neurotransmitters such as dopamine and glutamate, which contributes to reduced nervous excitability and improved emotional ease.

Unlike sedatives that induce drowsiness, kava is traditionally used to support a state of calm alertness, helping maintain mental clarity while easing occasional tension and stress. This multi-pathway modulation of the central nervous system is believed to underlie kava's unique calming profile.

Supplementation

Take 1-2 capsules twice daily or as needed for a calming effect.

Also Recommended

StressCalm Px can be taken with Kava Calm Px to enhance the benefits of daily stress support. This non-sedating blend supports a healthy stress response, emotional balance, and calm focus.

Cautions: Kava is generally safe, however, ask a health care professional before using if you have or have had liver problems, frequently use alcoholic beverages or are taking medications. Stop use and see your doctor in the unlikely case that you develop symptoms that may signal liver problems (e.g., unexplained fatigue, abdominal pain, loss of appetite, fever, vomiting, dark urine, pale stools, yellow eyes or skin).

Kava may potentiate alcohol, barbiturates, and substances affecting mental activity and the central nervous system and drugs that promote relaxation. This indicates that Kava may be used concurrently to help diminish doses and eventually help one to discontinue a more toxic medication. This must be done only under the supervision of a qualified healthcare professional. Kava does not cause withdrawal effects.

REFERENCES: <https://pmc.ncbi.nlm.nih.gov/articles/PMC9315573/#sec7-jcm-11-04039>

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