

An advanced Kava Kava dietary supplement for relaxation.

Want to take a break from the stress of everyday life? Looking for something to smooth out life's rough edges? Interested in calming your nerves and reducing anxiety—naturally? Turn to Kava Kava for support. Kava, or Kava Kava, is a centuries-old herb that grows throughout the Polynesian islands and New Guinea. Polynesians have respected this stress-reducing plant for thousands of years and have used it for ceremonial, social and healthy purposes.

Herbalife has captured the unique qualities of Kava Kava in K8. K8 contains a blend of premium-quality herbs and is designed to soothe your nerves and help you relax.* Kava Kava is thousand of years old, yet it is one of the hottest herbs on the market today. We've taken it a step further by combining it with Ashwagandha, an herb known for its subtle calming properties.* We also include the beneficial mineral Calcium.

Discussion Points

- **Relax and enjoy life:** K8 combines the soothing properties of Kava Kava with Ashwagandha which work together to help reduce tension levels, promote well-being and relax the body without impairing cognitive function.*
- **A good night's sleep:** Kava Kava is now recognized by many doctors as a natural alternative to drugs like Xanax and Valium. So if you are looking to improve your sleep pattern, turn to K8 for support without any undesirable side effects.*
- **Enjoy a greater sense of well-being, anytime and anywhere:** Because K8 is an herbal supplement, you can comfortably use it whenever the need arises. This is a great product to take on business trips, vacations or wherever you go so you always have it handy when you need a “time out.”
- **Combine with other products:** K8 can be used in conjunction with the Thermojetics® Weight-Management Program and Herbalife's entire line of nutritional products.

Did You Know?

In the early 1700s Captain Cook introduced Kava Kava's relaxing properties to Westerners, but it has only been in recent times that this tranquil herb has been widely accepted by industrial countries. In fact, Kava Kava is so popular it has been featured in numerous health magazines, on television newsmagazines, national newspapers, and there are dozens of web sites devoted to this Polynesian herb.

Fast Facts

- A combination of natural herbs, containing Kava Kava and Ashwagandha, an Ayurvedic herb, designed to help relax the body and promote feelings of well-being.*
- Each serving contains 150mg of Calcium to help build strong bones.*
- Includes Bio-Absorption Complex-5, which helps the body absorb the beneficial properties of the herbs.*



SUPPLEMENT FACTS

Serving Size: 1 tablet
Servings Per Container: 30

	Amount Per Serving	% Daily Value**
Total Carbohydrate	1g	<1%
Calcium	180mg	18%
Dried Kava Kava Extract (30% kavalactones) (root)	200mg	+
Dried Ashwagandha Extract (1.5% withanolides) (root)	50mg	+
Bio-Absorption Complex-5 (Lecithin, Vitamin C [as ascorbyl palmitate], Plant Cellulose Enzyme, Cinnamon Powder [bark], and Dried Black Pepper Extract [from Bioperine] [NLT 95% Piperine] [fruit]).	23mg	+

** Percent Daily Values are based on a 2,000 calorie diet.
+ Daily Value not established.

Other Ingredients:

Microcrystalline cellulose, silicon dioxide, stearic acid, croscarmellose sodium, magnesium stearate, dextrin, dextrose, sodium carboxymethylcellulose and sodium citrate.

Suggested Serving:

Take one tablet up to three times a day as needed.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent disease.