



WHAT IS KAVA?

Kava is a herbal beverage made from mixing water with the ground roots of the *Piper methysticum* plant (shrub of pepper family), indigenous to the Pacific Islands.

WHAT ARE KAVALACTONES?

Kava contains natural active ingredients called kavalactones which acts as a central nervous system depressant.

HEALTH BENEFITS OF DRINKING KAVA?*

Sleep aid, anti-anxiety, muscle relaxant, natural nootropic, reduce stress, elevate mood, anti-inflammatory and healthy alternative to alcohol.

*according to scientific studies



ABOUT SOLOMON KAVA

Solomon Kava is an Australian owned and operated company that aims to deliver the highest quality dried noble kava root worldwide. We work with boutique family production farms located on the remote, pristine isles of the Solomon Islands. Therefore, you can be rest assured you are enjoying the freshest and purest kava in your hands.

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