PERFECT HERBS

Herb Monograph Latin Name: Piper methysticum

Common Name: Kava Kava

Primary Action	euphoric
Secondary Actions	decongestant
System Affinities	CNS
Conditions Treated	anxiety, depression, insomnia
Constituents	kavalactones, resins
Tincture Daily Dose	4 mL to 12 mL
Tea Daily Dose	4 g to 12 g
Parts Used	root or powder
Can Be Substituted With	Valeriana officinalis (valerian)
Pairs Well With	Theobroma cacao as a euphoric nervine



Disclaimer: This information is provided for educational purposes only.