



## FAQ:

What is Kava?

A crop grown in the Pacific Islands, Kava has been used for hundreds of years for medicinal purposes and social or religious ceremonies. Kava's active ingredient promotes relaxation with sedative and euphoric effects and can reduce anxiety or physical discomforts.

What is Kratom?

Kratom is a tree in the coffee family and its leaves have been used as herbal medicine in the South Pacific for over one hundred years. It has stimulant-like effects that begin within five to ten minutes and last for two to five hours.

Is Kava/Kratom addictive or harmful?

Kava and Kratom's long history in the South Pacific have rendered it safe and enjoyable. The kavalactones in the roots of the kava plant are shown to help with anxiety. Consult with your doctor if you plan on enjoying kava or kratom, since it may interact with some medications.

What does Kava taste like?

Although an acquired taste, Kava drinkers say it has an earthy smell and taste. Some kava may taste bitter, while other varieties are milder. Our kava drinks are crafted for the most enjoyment possible.

How should Kava be consumed?

Ideally, kava should be taken on an empty stomach and should not be consumed before four hours of eating or drinking (other than water). Because kava is a diuretic, it's recommended that you drink plenty of water between kava servings. Light meals can be followed after a kava session. It is strongly advised that you not mix alcohol with kava. Avoid any alcohol within 24 hours of a kava session.

Have more questions? Contact us!

Phone: [\(305\) 971-9100](tel:(305)971-9100)

Email: [info@mysticjoint.com](mailto:info@mysticjoint.com)