



Kava: A plant, native to the South Pacific Islands, harvested for its root. It is prepared as a non-fermented, psychoactive, intoxicating tea-like beverage. Kavalactones are the intoxicating ingredient in kava.

How is kava used?

Traditionally used in religious, social and ceremonial celebrations.



Now sold as powders, tablets, and ready-to-drink beverages.



Kava Health Impacts

Kava can cause mild sleepiness, numb mouth and throat, reduced or loss of appetite.



Prolonged use can result in mood swings, apathy, scaly skin, malnutrition, getting infections more easily and shortness of breath.



- Kava changes the way the liver processes medications.
- Risk of liver damage with kava increases when used with alcohol.
- The kava industry has grown quickly and without regulation.
- Health information is limited; consumers can't make informed decisions.

For information on prevention strategies and treatment options, visit RiverStoneHealth.org/bRIGHTChoices or scan the QR code



PublicHealth@RiverStoneHealth.org



406.247.3305



Kava Regulation and Classification

Classified as a dietary supplement, is not approved “safe food additive” by the FDA.



Kava is a depressant, meaning it slows down the central nervous system and can produce the feeling of drunkenness.



No U.S. laws restrict the age for consumption, but kava bars typically serve people 18 and older.



Where is kava sold?

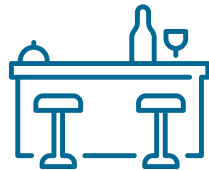
Nutrition Stores



Vape Shops



Kava Bars



Online



What is a kava bar?

- A restaurant approved to sell kava dietary supplements and products.
- There are no age restrictions to enter a kava bar.
- In 2023, there were more than 280 kava bars in the US and 3 in Yellowstone County.
- The number of kava bars in the US increased 30% from 2012-2017.
- Concentrated extracts produced with solvents like acetone and methanol make stronger solutions and transforms kava into flavored, ready-to-drink beverages.

How is kava promoted?

- Marketed as sober night-life, alcohol-alternative, booze-free buzz.
- Promoted for health and wellness.
- Sponsoring extracurricular groups and teams.
- No restrictions in place preventing youth from purchasing and using kava products.