

KAVA AND YOUR LIVER

Kava is popular among Pacific people for its medicinal qualities: it is thought to relieve pain, prevent seizures and relax muscles. It contains substances called kavapyrones that make you feel calm, relaxed and happy.



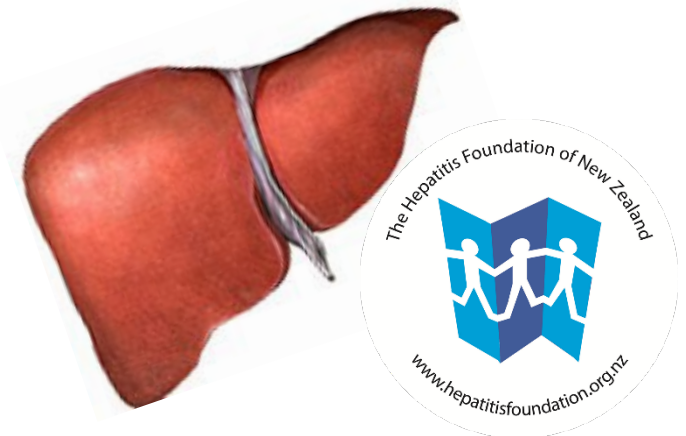
But kava can also cause liver damage, even if you don't use it often.



If you decide to take kava, please ensure you get frequent liver function tests. You should avoid kava if you have liver disease or a history of liver problems.

Symptoms of liver damage

Liver damage is serious and can result in the need for liver transplants. Early symptoms of liver damage include yellowed eyes and skin (jaundice), fatigue and dark urine.



Hepatitis B help, care and support (hepatitis B āwhina tiaki me te tautoko)

0800 33 20 10

hepteam@hfnz.nz