

SOBER? Research. Reflect. Decide.

Steding & Sons Family,

We hope y'all are doing awesome! We are truly grateful for all of you and thank you sincerely for your business. Often, we have been asked whether one can consume kratom and/or kava products and remain sober. While the average person tends to think of "sober" as meaning, "not impaired by drugs or alcohol," the meaning is often different to those who have struggled with substance abuse. To those in the recovery community, sobriety is often defined as total abstinence from any/all mind-altering substances. So, by that definition, can you remain "sober" and consume kratom and/or kava? Maybe not.

While we are truly grateful for the role these plants play in our lives, they may not be the right choice for everyone. **Please: Research. Reflect. Decide.** Our mission is to enrich and *improve* the lives of all of our customers and if the use of our products were to detract from your well-being, we'd much rather lose your business than do you wrong.

If you have struggled with substance abuse in the past and committed to a 100% clean/sober lifestyle, we would suggest you think twice before choosing to consume kratom and/or kava products. All kratom products may be habit forming, so we strongly encourage moderation for those who choose to consume them. Of course, we respect your autonomy and encourage you to make healthy choices in alignment with your personal value system. For those committed to a sober lifestyle, you may consider one of the incredible functional mushroom offerings, from [Steding & Sons Allied Forces](#).

We will endeavor to continue developing products we hope will enrich and improve the lives of our community and look forward to serving you years to come. Thank you so much!

With sincere gratitude,

A handwritten signature in black ink, appearing to read 'Jeremy Steding', with a stylized flourish at the end.

Jeremy Steding, President

Consult with physician before using any of products. The FDA has not approved these statements. Products are not intended to diagnose, treat, prevent or cure any disease. 1836 products, containing kratom and/or kava, are not for sale to minors. Pregnant/nursing women are advised against using kratom/kava products, and should consult with a doctor before using any *Allied Forces* products.