

SUGGESTED USE: Individual needs may vary. Start with a half-teaspoon daily and gradually increase to 3 teaspoons (or more, as needed). When bowels are comfortably loose, this is the optimal amount.

The total quantity of *Natural Calm* you are taking may be broken down into two or three portions per day, taken with or without food.

FOR FASTEST RESULTS: Place powder in a glass or mug; add approx. 2–3 oz of hot water. Let it fizz, then stir until dissolved. Fill with warm or cold water and enjoy. You can also simply add *Calm* to a glass or bottle of cold water.

For advanced use and more information, visit www.naturalcalm.net.

Natural Calm is also available in **Orange**, **Raspberry-Lemon** and **Sweet Lemon** flavors (*naturally sweet—no sugar added*).

If you are taking supplemental calcium, try *Natural Calm Plus Calcium*—a safe way to balance your calcium intake and maintain healthy magnesium levels.

Best-Selling Magnesium Supplement

Natural Calm was developed by leading nutritional researcher Peter Gillham. *Natural Calm* is the only water-soluble magnesium blend utilizing Mr. Gillham's exclusive delivery formula and balanced pH, which provides superior magnesium absorption and maximum benefit.

Peter Gillham's
NATURAL VITALITY®



Natural
CALM®

A RELAXING MAGNESIUM SUPPLEMENT

The Anti-Stress Drink™
Balances your calcium intake
Restores healthy magnesium levels

8 oz / 226 g

DIETARY SUPPLEMENT

4- to 6-week supply

Supplement Facts

Serving Size: 1–3 teaspoons

Amount per 3 teaspoons	% Daily Value
Magnesium 615 mg	150
(elemental from magnesium citrate)	

Contains no yeast, dairy, egg, gluten, soy, wheat, sugar, starch, preservatives or artificial color or flavor.

Ingredients: *Natural Calm* is a highly absorbable proprietary formulation of pH-balanced magnesium citrate in ionic form.

This product is not intended to treat, diagnose or prevent any disease.

Distributed by
Peter Gillham's Natural Vitality
2530 N. Ontario St., Burbank, CA 91504
Customer Service: 866-416-9216

Feel better—live longer!

For product information, visit
www.petergillham.com



[Product No. 544]