SUGGESTED USE: 1 - 1 1/2 teaspoons twice per day at any time, at least 5 hours apart.

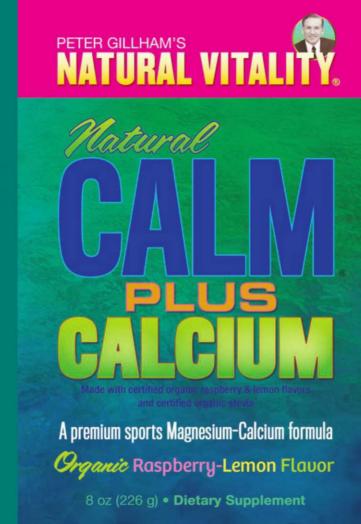
Individual needs may vary. Start with 1 teaspoon daily and gradually increase up to 1 1/2 teaspoons twice daily. When bowels are comfortably loose, this is the optimal amount. Some people may need to start with a half teaspoon only and gradually work up to higher amounts.

DIRECTIONS: Place powder in a glass or mug; add 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 Natural Calm Plus Calcium to a glass or bottle of cold water.

Natural Calm Plus Calcium is formulated to prevent a surplus of calcium robbing the body's vital magnesium supply and avoid the symptoms associated with depleted levels of magnesium. This premium formulation includes vitamin D, boron and vitamin C to assist in the assimilation, distribution and utilization of calcium. Natural Calm Plus Calcium is excellent for athletes and anyone who works out. It helps prevent muscle cramping and helps reduce lactic acid.\*

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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4- to 6-week supply

## **Supplement Facts**

Serving Size: 1-3 teaspoons (2.5g-7.5g)

Amount per 3 tea	spoons (7.5g)	% Daily Value
Magnesium (elemental from mand magnesium a		80
Calcium (elemental from ca	210 mg alcium gluconate	21
Potassium (elemental from po	105 mg otassium citrate)	3
Vitamin C	265 mg	441
Vitamin D3	105 IU	26
Boron (elemental from be	265 mcg oron citrate)	*

Ingredients: A proprietary blend of citric acid and magnesium carbonate—which, in combination with water, creates ionic magnesium citrate—magnesium ascorbate, calcium gluconate, potassium citrate, ascorbic acid, vitamin D3, boron citrate, stevia and organic raspberry and lemon flavors.

\* Daily Value not established

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

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