

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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PETER GILLHAM'S
NATURAL VITALITY®



Natural
CALM
PLUS
CALCIUM

Made with certified organic raspberry & lemon flavors
and certified organic stevia

A premium sports Magnesium-Calcium formula

Organic Raspberry-Lemon Flavor

8 oz (226 g) • Dietary Supplement

4- to 6-week supply

Supplement Facts

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

Amount per 3 teaspoons (7.5g)	% Daily Value
Magnesium 320 mg (elemental from magnesium citrate and magnesium ascorbate)	80
Calcium 210 mg (elemental from calcium gluconate)	21
Potassium 105 mg (elemental from potassium citrate)	3
Vitamin C 265 mg	441
Vitamin D3 105 IU	26
Boron 265 mcg (elemental from boron citrate)	*

* Daily Value not established

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.

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

Distributed by

Peter Gillham's **NATURAL VITALITY**
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Feel healthier—be happier!

For product information, visit
www.petergillham.com



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