

Recommended Use for Adults:

For occasional times we need sleep support, start with a half teaspoon of Natural Vitality CALM™ Sleep powder, gradually increasing to one rounded teaspoon as needed. Do not exceed two teaspoons in a 24 hour period.

Directions:

Start by placing your desired amount of powder into a cup or mug, add 2-3 ounces of warm water and let your drink fizz. Stir the drink until the powder is completely dissolved, then fill the remainder of the cup with warm or cold water. Enjoy before bedtime and experience CALM.

Consult your doctor before giving to children under four, if you are pregnant or lactating, if you have kidney problems or an obstructed bowel, or if you are currently on medication.

Experience CALM:

You may notice muscles relaxing and an overarching sense of calmfulness.*

Multi-award-winning Natural Vitality CALM™, developed by Peter Gillham, is the best-selling magnesium supplement in the natural products market. (April 2019 Volume sales data for Natural Products market as defined by SPINS)

Why Natural Vitality CALM™ Sleep?

Natural Vitality™ created a formula, containing magnesium glycinate, to help support healthy magnesium levels, while also adding Suntheanine®, GABA and melatonin. Natural Vitality CALM™ Sleep was developed specifically for those times we need sleep support.*

Enjoy your mixed berry flavored drink before bed, and enjoy the wave of calmfulness.*

*Suntheanine® is a registered trademark of Taiyo International, Inc.

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.

The Anti-Stress Drink Mix*

NATURAL VITALITY CALM™ A MAGNESIUM SUPPLEMENT

Sleep

Mixed Berry Flavor
with other natural and artificial flavors
Net Wt. 16 oz (453 g)



Supplement Facts

Serving Size: 1 teaspoon (4 g)

Servings Per Container: About 113

	Amount per Serving	% DV
Magnesium (as magnesium carbonate, magnesium glycinate)	220 mg	52%
GABA (Gamma-aminobutyric acid)	100 mg	†
L-theanine [^]	50 mg	†
Melatonin	5 mg	†

†Daily Value (DV) not established.

Other ingredients: Citric acid, organic natural flavor, organic stevia (leaf) extract.

[^]Suntheanine®