

**Suggested Use:**

Take 2 Capsules before bedtime.

Not recommended for long-term use, or use in children under 4, or while pregnant or lactating. Consult your doctor before use in children, if you are experiencing long-term sleep difficulties, if you have kidney problems or an obstructed bowel, or if you are currently on medication. Do not drive or operate machinery when taking this product.

**Why Natural Vitality CALM® Sleep Capsules?**

Natural Vitality CALM® Sleep Capsules were developed specifically for those times we need sleep support.\* It features magnesium glycinate along with L-Theanine (a relaxing amino acid), GABA (a non-protein amino acid) and melatonin, which helps the body ease into a restful sleep.\* Magnesium glycinate helps replenish the body's magnesium levels and is known to be more absorbable and easier-on-the-stomach than magnesium oxide.\* Also formulated with bergamot orange essential oil for a relaxing effect.

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

Keep out of reach of children.

**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.**

# NATURAL VITALITY CALM

A Magnesium Glycinate Supplement with  
**MELATONIN • L-THEANINE • GABA**  
For a Good Night's Sleep

## Sleep CAPSULES



Made with  
Bergamot



60 Vegetarian Capsules • Dietary Supplement

## Supplement Facts

Serving Size: 2 Capsules

|                                       | Amount Per Serving | % DV |
|---------------------------------------|--------------------|------|
| Magnesium<br>(as magnesium glycinate) | 220 mg             | 52%  |
| Gamma aminobutyric acid (GABA)        | 100 mg             | †    |
| L-Theanine                            | 50 mg              | †    |
| Bergamot orange (peel) essential oil  | 6 mg               | †    |
| Melatonin                             | 3 mg               | †    |

†Daily Value (% DV) not established.

**Other Ingredients:** Capsule (hydroxypropyl methylcellulose, water), microcrystalline cellulose, silicon dioxide, magnesium stearate.

Distributed by Nutranext Business, LLC  
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[www.naturalvitality.com](http://www.naturalvitality.com)

Contains no sugar, fructose,  
or artificial color or flavor.

Bottle made from 100%  
recycled material.\*

\*Excluding colorant.



GLUTEN-FREE



VEGAN



NV4268 • LB-NV-HS9561-060A