

**Recommended Use for Adults:**

We suggest starting out with half a teaspoon (1 g) of Natural Vitality CALM® powder, gradually increasing to two teaspoons (4 g) daily.

**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. Now 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. (January 2020 Volume sales data for Natural Products market as defined by SPINS)

**Why magnesium?**

We all encounter stress daily whether we realize it or not, and our bodies can respond by depleting our magnesium levels.\*

We invite you to help replenish your body's magnesium levels and enjoy the wave of calmfulness.\*

**\*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



Sweet Lemon Flavor

Net Wt. 8 oz (226 g)

**Supplement Facts**

Serving Size: 2 teaspoons (4 g)

Servings Per Container: About 54

|                                    | Amount per Serving | % DV |
|------------------------------------|--------------------|------|
| Calories                           | 5                  |      |
| Magnesium (as magnesium carbonate) | 325 mg             | 77%  |
| Percent Daily Value (% DV)         |                    |      |

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

Manufactured by Nature's Products, Inc. for Nutranext Business, LLC, 1301 Sawgrass Corporate Parkway, Sunrise, FL 33323 1-866-416-9216 • [naturalvitality.com](http://naturalvitality.com)

Contains no sugar, fructose, or artificial color or flavor. Magnesium carbonate and citric acid, when combined with water, create a solution of magnesium citrate.

Keep out of reach of children.  
Amount of product in bottle is based on weight. Some settling may occur.

Bottle made from 100% PCR\*

\*Excluding colorant.

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