

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 Vitality CALM™ to a glass or bottle of cold water.

Serving Size:

Individual needs may vary. Start with half a teaspoon (1 g) daily and gradually increase to 1 scoop (4 g) per day as needed.

Recommended Use: Divide your daily amount of Natural Vitality CALM® into two or three servings. Natural Vitality CALM® can be taken with or without food.

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

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.

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

NATURAL VITALITY
CALM
A MAGNESIUM CITRATE SUPPLEMENT



Raspberry-Lemon Flavor
with other natural flavors
Net Wt. 20 oz (567 g)



Supplement Facts

Serving Size: 1 scoop (4 g)
Servings Per Container: About 142

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

Other ingredients: Citric acid, organic lemon flavor, organic raspberry flavor with other natural flavors, 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

Magnesium carbonate and citric acid, when combined with water, create ionic magnesium citrate.



VEGAN



GLUTEN-FREE

Does not contain sugar, fructose, or artificial color or flavor.

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