

8 oz. CalMag

SUGGESTED USE: Individual needs may vary. Start with 1 slightly rounded teaspoon (or less) daily and gradually increase to 3 rounded teaspoons. When bowels are comfortably loose, this is the optimal amount.

HOW TO PREPARE: Place powder in a glass or mug; add approx. 1 oz of hot water and stir until dissolved. Fill glass with warm water and enjoy like a hot tea.

For children under 4, for pregnant or lactating women, or if you have kidney problems or are currently on medication, consult with your doctor.

Keep in a cool, dry place.

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.

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NATURAL VITALITY



Raspberry-Lemon Flavor

BALANCED

CalMag



**A Relaxing Calcium-Magnesium Drink
with a balanced 1:1 ratio**



8 oz / 226 g
DIETARY SUPPLEMENT

Organic Raspberry-Lemon Flavor

Supplement Facts

Serving Size: 3 rounded teaspoons (8 g)
Servings per Container: 28

Amount per 3 teaspoons	% Daily Value
Calcium 275 mg (as elemental calcium gluconate)	27
Magnesium 275 mg (as elemental magnesium citrate)	68

Ingredients: Calcium gluconate and magnesium citrate (a proprietary blend of citric acid and magnesium carbonate, which creates ionic magnesium citrate), organic raspberry and lemon flavors, and organic stevia.

GLUTEN FREE • VEGAN FORMULA • NON-GM

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

Distributed by **NATURAL VITALITY**
Life Nutrified!

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