

8 oz CalMag

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

DIRECTIONS: 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®

BALANCED

CalMag



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



8 oz / 226 g
DIETARY SUPPLEMENT

Original (unflavored)

Supplement Facts

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

Amount per Serving		% Daily Value
Calcium	300 mg	30
(as elemental calcium gluconate)		
Magnesium	300 mg	75
(as elemental magnesium citrate)		

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

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 Nourished!

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