

16 oz CalMag

SUGGESTED USE: Individual needs may vary. Start with 1 teaspoon (or less) daily and gradually increase to 3 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.

This product is not intended to diagnose, treat, cure or prevent any disease.

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BALANCED

CalMag



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



16 oz / 454 g
DIETARY SUPPLEMENT

Original (unflavored)

Supplement Facts

Servings Size: 3 rounded teaspoons (8 g)
Servings per Container: 56

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

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 Nutrified!

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[Product No. 181]