

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 Calm* to a glass or bottle of cold water. Use only as directed.

SERVING SIZE: Individual needs may vary. Start with one half teaspoon (1 g) daily and gradually increase to 2 slightly rounded teaspoons (4.5 g) as needed.

FOR BEST RESULTS, divide your daily amount of *Natural Calm* into two servings. *Natural Calm* can be taken with or without food. When bowels are comfortably loose, this is the optimal amount.

ADVANCED USE: 3 rounded teaspoons (7 g), which provides 500 mg or 125% of daily value.

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

If you are taking supplemental calcium for bone health, try *Osteo Calm*, our liquid calcium-magnesium formula.

Multi award-winning *Natural Calm* is the best-selling magnesium supplement in the natural products market.

NATURAL VITALITY



Sweet Lemon Flavor

Natural
CALM

A RELAXING MAGNESIUM SUPPLEMENT

The Anti-Stress Drink
Balances your calcium intake*
Restores healthy magnesium levels*

8 oz (226 g) • Dietary Supplement

Organic Lemon Flavor

Supplement Facts

Serving Size: 2 rounded teaspoons (4.5 g)
Servings per Container: 50

Amount per Serving	% Daily Value
Magnesium 325 mg	81

Ingredients: Ionic magnesium citrate (created from a highly absorbable proprietary blend of citric acid and magnesium carbonate), organic lemon flavor and organic stevia.

Distributed by **NATURAL VITALITY**
Life Nourished!

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Customer Service: 866-416-9216

www.naturalvitality.com
www.organicconnectmag.com

GLUTEN FREE • VEGAN • NON-GM

Contains no yeast, dairy, egg, soy, wheat, sugar, starch, preservatives or artificial color or flavor. No added fructose. Cruelty free.

Keep out of reach of children.



[Product No. 2722]

*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.