

SUGGESTED USE: Take 1–1½ rounded teaspoons twice per day at any time, at least 5 hours apart.

Individual needs may vary. Start with 1 rounded teaspoon daily and gradually increase to 1½ rounded teaspoons twice daily. When bowels are comfortably loose, this is the optimal amount. Some people may need to start with a half teaspoon only and gradually work up to higher amounts.

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 Plus Calcium* to a glass or bottle of cold water.

Natural Calm Plus Calcium is formulated to prevent a surplus of calcium robbing the body's vital magnesium supply and to avoid the symptoms associated with depleted levels of magnesium. This premium formulation includes vitamin D, boron and vitamin C to facilitate the assimilation, distribution and utilization of calcium. *Natural Calm Plus Calcium* is excellent for athletes and anyone who works out. It assists in preventing muscle cramping and helps reduce lactic acid.*

*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

Natural
CALM
PLUS
CALCIUM

Premium Sports
Magnesium-Calcium Drink

8 oz (226 g) • Dietary Supplement

Organic Raspberry-Lemon Flavor

Supplement Facts

Serving Size: 3 rounded teaspoons (7.5 g)
Servings per Container: 30

Amount per Serving	% Daily Value
Vitamin C (as ascorbic acid)	265 mg 441
Vitamin D3 (as cholecalciferol)	105 IU 26
Calcium (elemental from calcium gluconate)	210 mg 21
Magnesium (elemental from magnesium citrate)	320 mg 80
Potassium (elemental from potassium citrate)	105 mg 3
Boron (elemental from boron citrate)	265 mcg **

**Daily Value not established

Ingredients: Calcium gluconate, a proprietary blend of citric acid and magnesium carbonate—which, in combination with water, creates ionic magnesium citrate—ascorbic acid, organic raspberry and lemon flavors, potassium citrate, organic stevia, vitamin D₃, and boron citrate.

Distributed by **NATURAL VITALITY**

Life Nutrified!

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GLUTEN FREE • VEGETARIAN FORMULA • NON-GM

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

Keep out of reach of children.



[Product No. 3032]