

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 avoid the symptoms associated with depleted levels of magnesium. This premium formulation includes vitamin D, boron and vitamin C to assist in the assimilation, distribution and utilization of calcium. *Natural Calm Plus Calcium* is excellent for athletes and anyone who works out. It helps prevent 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

16 oz (454 g) • Dietary Supplement

Organic Raspberry-Lemon Flavor

Supplement Facts

Serving Size: 3 rounded teaspoons (7.5 g)
Servings per Container: 60

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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www.organicconnectmag.com

Keep out of reach of children.

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. 3227]