

Recommended Use for Adults:

For occasional times we need sleep support,* start with a half teaspoon of Natural Vitality CALM® Sleep powder, gradually increasing to two leveled teaspoons as needed.

Directions:

Start by placing your desired amount of powder into a cup or mug, add 2-3 ounces of warm water, and let your drink fizz. Stir the drink until the powder is completely dissolved, then fill the remainder of the cup with warm or cold water. Enjoy before bedtime and experience CALM.

Not recommended for long-term use, or use in children under 4, or while pregnant or lactating. Consult your doctor before use in children, if you are experiencing long-term sleep difficulties, if you have kidney problems or an obstructed bowel, or if you are currently on medication. Do not drive or operate machinery when taking this product.

Experience CALM:

You may notice muscles relaxing and an overarching sense of calmfulness.*

Multi-award-winning Natural Vitality CALM®, developed by Peter Gilham, is the best-selling magnesium supplement in the natural products market. (May 2020 Volume sales data for Natural Products market as defined by SPINS)

Why Natural Vitality CALM® Sleep?

Natural Vitality® created a formula, containing magnesium glycinate, to help support healthy magnesium levels, while also adding Suntheanine®, GABA and melatonin.* Natural Vitality CALM® Sleep was developed specifically for those times we need sleep support.*

Enjoy your mixed berry flavored drink before bed, and enjoy the wave of calmfulness.*

*Suntheanine® is a registered trademark of Taiyo International, Inc.

*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.

NATURAL VITALITY CALM

A **MAGNESIUM SUPPLEMENT** with
MELATONIN • L-THEANINE • GABA
For a Good Night's Sleep*

Sleep DRINK MIX

Mixed Berry Flavor
with other natural flavors
Net Wt. 6 oz (170 g)



Supplement Facts

Serving Size: 2 teaspoons (4 g)
Servings Per Container: About 42

	Amount per Serving	%DV
Calories	5	
Magnesium (as magnesium carbonate, magnesium glycinate)	220 mg	52%
Gamma-aminobutyric acid (GABA)	100 mg	†
L-Theanine*	50 mg	†
Melatonin	5mg	†

†Daily Value (DV) not established.

Other ingredients: Citric acid, natural flavor, organic stevia (leaf) extract.

Manufactured by Nature's Products, Inc.
for Nutranext Business, LLC
1301 Sawgrass Corporate Parkway, Sunrise, FL 33323
1-866-416-9216 • naturalvitality.com

*Suntheanine®

Contains no sugar, fructose, or artificial color or flavor. Magnesium carbonate and citric acid, when combined with water, create a solution of magnesium citrate.

Keep out of reach of children. Amount of product in bottle is based on weight. Some settling may occur.

Bottle made with 100% recycled material.*

*Excluding colorant

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