Recommended Use for Adults: We suggest starting out with one teaspoon of Natural Vitality Calm® powder, and gradually increasing to one-and-a-half teaspoons twice daily.

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.

Consult your doctor before giving to children under four, if you are pregnant or lactating, if you have kidney problems or an obstructed bowel, or if you are currently on medication.

Experience CALM Plus Calcium: You may notice muscles relaxing and an overarching sense of calmfulness.*

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

Why Natural Vitality CALM® Plus Calcium?
We all encounter stress daily whether we realize it or not, and our bodies can respond by depleting our magnesium levels.* Natural Vitality CALM® Plus Calcium supports healthy magnesium levels while being a good source of calcium.*

We invite you to help replenish your body's magnesium levels and enjoy the wave of calmfulness.*

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***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.**

The Anti-Stress Drink Mix*

NATURAL VITALITY

CALM

A MAGNESIUM SUPPLEMENT

Plus Calcium

Original (Unflavored)

Net Wt. 8 oz (226 g)

NON GMO Project VERIFIED nongmoproject.org

Supplement Facts

Serving Size: 3 teaspoons (7.5 g)
Servings Per Container: About 30

	Amount per Serving	% DV
Vitamin C (ascorbic acid)	290 mg	322%
Vitamin D (as cholecalciferol)	2 mcg	10%
Calcium (as calcium gluconate)	230 mg	18%
Magnesium (as magnesium carbonate)	350 mg	83%
Potassium (as potassium citrate)	110 mg	2%
Boron (as boron citrate)	290 mcg	†

†Daily Value (DV) not established.

Other ingredients: Citric acid.

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

CERTIFIED RAW™

CERTIFIED CLEAN™

Contains no sugar 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 from 100% PCR*
*Excluding colorant.

Discard Seal, Empty & Replace Cap

PLASTIC BOTTLE

how2recycle.info

VEGETARIAN

GLUTEN-FREE

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NV4254 • LB-NV4254-226C