

Suggested Use:

Take 2 Capsules before bedtime.

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.

Why Natural Vitality CALM® Sleep Capsules?

Natural Vitality CALM® Sleep Capsules were developed specifically for those times we need sleep support.* It features magnesium glycinate along with L-Theanine (a relaxing amino acid), GABA (a non-protein amino acid) and melatonin, which helps the body ease into a restful sleep.* Magnesium glycinate helps replenish the body's magnesium levels and is known to be more absorbable and easier-on-the-stomach than magnesium oxide.* Also formulated with bergamot orange essential oil for a relaxing effect.

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)

Keep out of reach of children.

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 Glycinate Supplement with
MELATONIN • L-THEANINE • GABA
For a Good Night's Sleep

Sleep CAPSULES



Made with
Bergamot



60 Vegetarian Capsules • Dietary Supplement

Supplement Facts

Serving Size: 2 Capsules

Servings Per Container: 30

	Amount Per Serving	% DV
Magnesium (as magnesium glycinate)	220 mg	52%
Gamma aminobutyric acid (GABA)	100 mg	†
L-Theanine	50 mg	†
Bergamot orange (peel) essential oil	6 mg	†
Melatonin	3 mg	†

†Daily Value (DV) not established.

Other Ingredients: Capsule (hydroxypropyl methylcellulose, water), microcrystalline cellulose, magnesium stearate, silicon dioxide.

Manufactured by Nutranext Business, LLC
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Contains no sugar, fructose,
or artificial color or flavor.

Bottle made from 100%
recycled material.¹

¹Excluding colorant.



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