

NATURAL  VITALITY.

Natural
CALM
plus
CALCIUM®

Premium *Balanced*
 Magnesium-Calcium Drink

Dietary Supplement / Net Wt. 0.15 oz / 4.2 g

Distributed by **Natural Vitality** www.naturalvitality.com
 Customer service 866.416.9216

Supplement Facts	
Serving Size: 1 packet (4.2 g)	
Amount per Serving	% Daily Value
Vitamin C (as ascorbic acid)	162 mg 270
Vitamin D3 (as cholecalciferol)	64 IU 15
Calcium (elemental from calcium gluconate)	128 mg 12
Magnesium (elemental from magnesium citrate)	196 mg 48
Potassium (elemental from potassium citrate)	64 mg 1.6
Boron (elemental from boron citrate)	162 mcg **
**Daily Value not established	

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.

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

Natural CALM *plus* CALCIUM

