

Directions: As a dietary supplement, add one scoop (5 g) to 8 fl oz of cold water or juice and mix or shake until smooth. To complete the soft fizz, let mixture react for 1-2 minutes, then enjoy. Mixes instantly without the use of a blender. **Recommendation:** since individual needs may vary, start with half scoop (2.5 g) daily and gradually increase to one scoop (5 g) as needed.

Bluebonnet's Simply Calm® Powder is a special, water-soluble blend of magnesium carbonate/citrate for occasional sleeplessness, stress, as well as bone and immune support. Magnesium is an essential mineral required in over 300 biochemical reactions in the body and known for its ability to help the mind and body ease into a state of calm... *simply.*♦

KEY FEATURES

- Available in four delicious, soft-fizz options (unflavored, cherry, orange citrus and raspberry lemon flavors)
- Free of common allergens (soy, gluten & milk)
- Made without any flavors, colors or sweeteners



Simply Calm® is a registered trademark of Bluebonnet Nutrition Corporation.

KEEP TIGHTLY CLOSED. STORE IN A COOL, DRY PLACE AWAY FROM HEAT, LIGHT AND MOISTURE. KEEP OUT OF THE REACH OF CHILDREN.

NOTE: THIS PRODUCT IS SOLD BY WEIGHT, NOT VOLUME. SETTLING OF CONTENTS MAY OCCUR DURING SHIPPING.

♦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.



Bluebonnet®

Simply Calm®

MIND & BODY SERENITY FORMULA♦



- ✓ Relax the Body♦
- ✓ Soothe the Mind♦
- ✓ Support Healthy Magnesium Levels♦



UNFLAVORED

Supplement Facts

Serving Size 1 Scoop (5 g)

Servings Per Container Approximately 90

Amount Per Serving		% Daily Value
Magnesium (as magnesium carbonate, citrate)	420 mg	100
Daily Value based on a 2,000 calorie diet.		

Other ingredients: Citric acid.

Free of milk, egg, fish, crustacean shellfish, tree nuts, peanuts, wheat and soybeans.

Also free of yeast, gluten, barley, rice, sodium and sugar.

Minerals are shown in their elemental value.

WARNING: For adults only. May cause drowsiness. Do not operate a vehicle or heavy machinery following consumption. Do not use in conjunction with alcoholic beverages. Consult a healthcare practitioner if pregnant/nursing, or if you have a medical condition, particularly kidney problems or an obstructed bowel, or currently on medications like sleep aids or laxatives.

Bluebonnet's KOF-K Certification #K0000700

Manufactured by
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✓ Relax the Body♦



✓ Soothe the Mind♦



✓ Support Healthy Magnesium Levels♦



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DIETARY SUPPLEMENT • GENTLE EFFERVESCENT POWDER

NET WT. 16 oz (1lb) 454 g