

Suggested Use:

Take 3 Capsules Daily.

KEEP OUT OF REACH OF CHILDREN: Consult your doctor before using this product if you are pregnant or lactating, if you have kidney problems or an obstructed bowel, or if you are currently on medication. **This product may have a laxative effect.**

Experience CALM:

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

Multi-award-winning Natural Vitality CALM® is the best-selling magnesium supplement in the natural products market. (November 2021 Volume sales data for Natural Products market as defined by SPINS)

Why magnesium?

We all encounter stress daily whether we realize it or not, and our bodies can respond by depleting our magnesium levels. Natural Vitality CALM® helps support healthy magnesium levels.*

Help promote calmfulness provided by these magnesium capsules, which help support a healthy response to stress and a balanced mood.*

*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

MAGNESIUM GLYCINATE

120 Capsules

Supplement Facts

Serving Size 3 Capsules
Serving Per Container 40

	Amount Per Serving	% Daily Value
Total Carbohydrate	< 1 g	< 1% †
Dietary Fiber	< 1 g	2%
Magnesium (as magnesium glycinate and oxide)	325 mg	77%

† Percent Daily Values are based on a 2000 calorie diet

Other ingredients: Capsule (hydroxypropyl methylcellulose), rice hulls.

Distributed by Nutranext Business, LLC
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Tamper Evident: Do not use if seal is broken or missing.

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