

#### RECOMMENDED USE FOR ADULTS:

We suggest starting out with a half teaspoon (1 g) of Natural Vitality CALM® MIND powder, and gradually increasing to 1 1/2 teaspoons (3 g) daily.

#### DIRECTIONS:

Start by placing the 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.



POUR



FIZZ



MIX



DRINK

#### FEEL THE POWER OF CALM MIND:

Life can be stressful and sometimes we need relief. That is why we formulated Natural Vitality CALM® MIND, a blend of magnesium and L-theanine, to help you manage occasional stress.\* Incorporate this delicious Honey Chamomile Flavored Drink Mix into your self-care routine as you relax and recharge.\* Simply add water, mix, let it fizz, and Feel the Power of CALM.

#### KEEP OUT OF REACH OF CHILDREN

Consult your doctor before using this product if you are pregnant, lactating, if you have kidney problems or an obstructed bowel, or if you are currently on medication.

\*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<sup>®</sup> MIND

Magnesium Supplement with L-Theanine



HONEY CHAMOMILE FLAVORED  
with other natural flavors  
DRINK MIX

200mg  
L-theanine  
per serving



NET WT. 12 OZ (339g)

FOR  
STRESS  
RELIEF\*

## Supplement Facts

Serving Size 1 1/2 Teaspoons (3g)  
Servings Per Container About 113

|                                       | Amount per Serving | %Daily Value |
|---------------------------------------|--------------------|--------------|
| Calories                              | 5                  |              |
| Magnesium<br>(as magnesium carbonate) | 200 mg             | 48%          |
| L-Theanine                            | 200 mg             | †            |

† Daily Value (DV) not established.

Other Ingredients: Citric acid, natural flavors, organic stevia (leaf) extract.

Distributed by Nutranext Business, LLC  
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1-866-416-9216 • [www.naturalvitality.com](http://www.naturalvitality.com)

Magnesium carbonate and citric acid, when combined with water, create a solution of magnesium citrate.

Contains no sugar, artificial flavor or color.

Amount of product is based on weight. Some settling may occur.

**TAMPER EVIDENT: DO NOT USE IF SAFETY SEAL IS BROKEN OR MISSING.**

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