

RECOMMENDED USE FOR ADULTS:

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

MIND

Magnesium Supplement with L-Theanine

UNFLAVORED
DRINK MIX

200mg
L-theanine
per serving

NET WT. 6 OZ (168g)



FOR
STRESS
RELIEF*

Supplement Facts

Serving Size 1 1/2 Teaspoons (3 g)

Servings Per Container About 56

	Amount per Serving	% Daily Value
Calories	5	
Magnesium (as magnesium carbonate)	200 mg	48%
L-Theanine	200 mg	1

†Daily Value (DV) not established.

Other Ingredients: Citric acid.

Distributed by Nutranext Business, LLC
Durham, NC 27701

1-866-416-9216 • 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.

Bottle made with some post-consumer recycled plastic

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