

Recommended Use for Adults:

Start out with one teaspoon daily and gradually increase to one and a half teaspoons twice daily.

Directions:

Start by placing your 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.

Consult your doctor before giving to children under four, if you are pregnant or lactating, if you have kidney problems or an obstructed bowel, or if you are currently on medication.

Experience CALM Plus Calcium:

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

Multi-award-winning Natural Vitality CALM™, developed by Peter Gillham, is the best-selling magnesium supplement in the natural products market. (April 2019 Volume sales data for Natural Products market as defined by SPINS)

Why Natural Vitality CALM™ Plus Calcium?

We all encounter stress daily whether we realize it or not, and our bodies can respond by depleting our magnesium levels. Natural Vitality CALM™ Plus Calcium supports healthy magnesium levels while being a good source of calcium.

We invite you to help replenish your body's magnesium levels and enjoy the wave of calmfulness.*

*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.

The Anti-Stress Drink Mix*

NATURAL VITALITY
CALM
A MAGNESIUM SUPPLEMENT

Plus Calcium



Raspberry-Lemon Flavor

with other natural flavors

Net Wt. 16 oz (453 g)

**Supplement Facts**

Serving Size: 3 teaspoons (7.5 g)
Servings Per Container: About 60

	Amount per Serving	% DV
Vitamin C (as ascorbic acid)	265 mg	294%
Vitamin D (as cholecalciferol)	3 mcg	15%
Calcium (as calcium gluconate)	210 mg	16%
Magnesium (as magnesium carbonate)	320 mg	76%
Potassium (as potassium citrate)	105 mg	2%
Boron (as boron citrate)	265 mcg	†

†Daily Value (DV) not established

Other ingredients: Citric acid, organic lemon flavor, organic raspberry flavor with other natural flavors, organic stevia (leaf) extract.

Manufactured by Nature's Products, Inc.
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1-866-416-9216 • www.naturalvitality.com

Contains no sugar or artificial color or flavor.



GLUTEN-FREE

Keep out of reach of children. Amount of product in bottle is based on weight. Some settling may occur.

Bottle made with 100% post-consumer recycled plastic.
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