

RECOMMENDED USE FOR ADULTS:

We suggest starting out with a half teaspoon (1 g) of Natural Vitality CALM® powder, and gradually increasing to 2 teaspoons (4 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:

Stress isn't always a bad thing, so don't run from it. Stress can be balanced and transformed. That is why we formulated Natural Vitality CALM®, a magnesium supplement, to help support a balanced mood and a healthy response to stress.* Add this delicious Raspberry-Lemon Flavored Drink Mix into your self-care ritual so you can be ready for whatever is next. Fizz. Sip. Chill, 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®

Magnesium Supplement



RASPBERRY-LEMON FLAVORED
with other natural flavors
DRINK MIX

325 mg
magnesium
per serving



NET WT. 16 OZ (453g)

Supports
a Healthy
Response
to Stress*

Supplement Facts

Serving Size 2 Teaspoons (4 g)
Servings Per Container About 113

	Amount Per Serving	% DV
Magnesium (as magnesium carbonate)	325 mg	77%

Percent Daily Value (% DV)

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

Distributed by Nutranext Business, LLC
Durham, NC 27701
1-866-416-9216 • www.naturalvitality.com

Contains no sugar, or artificial flavor or color.

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

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

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

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