

Warnings: Keep out of reach of children. As with all dietary supplements, it is recommended to consult with a healthcare professional before adding something new to your health and wellness regimen.

Sealed for your protection. Do not use if individually sealed packets are punctured or damaged. Store in a cool, dry place.

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Calm Powder

Drink Mix
Calm Support Formula*

Blueberry Lavender
Naturally Flavored



LAKE AVENUE®
NUTRITION

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Dietary Supplement
20 PACKETS - 0.19 oz (5.5 g) EACH
NET WT 3.88 oz (110 g)

Suggested Use: Mix 1 packet with 16 ounces of water, or as recommended by a Healthcare Practitioner. Mix thoroughly.

Supplement Facts

Serving Size 1 packet
Servings Per Container 20

	Amount Per Serving	%Daily Value
Calories	15	
Total Carbohydrate	3 g	1%**
Total Sugars	2 g	†
Includes 2g Added Sugars		4%**
Vitamin C (as Ascorbic Acid)	75 mg	83%
Niacin (as Niacinamide)	20 mg	125%
Vitamin B6 (as Pyridoxine HCl)	2 mg	118%
Vitamin B12 (as Cyanocobalamin)	3 mcg	125%
Pantothenic Acid (as Calcium Pantothenate)	10 mg	200%
Sodium (as Sodium Chloride and Sodium Citrate)	115 mg	5%
Potassium (as Potassium Citrate and DiPotassium Phosphate)	250 mg	5%
AminoCalm Blend	415 mg	†
L-Tryptophan, L-Theanine		

** Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established.

Other Ingredients: Dextrose, Citric Acid, Natural Flavors, Cane Sugar, Stevia Leaf Extract (as Stevia Rebaudioside), Lavender Powder, and Calcium Silicate.

Not manufactured with milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat, soy, sesame, or gluten. Produced in a third-party, audited and registered cGMP compliant facility that may process other products that contain these allergens or ingredients.

Formulated Without:

- GMOs
- Gluten
- Soy

