

RECOMMENDED USE FOR ADULTS:

Take 2 capsules per day with or between meals, preferably with cold water to ease swallowing.

RELAXING STRESS RELIEF*

Calm your mind and support stress relief with Natural Vitality CALM® Mood & Stress.* These convenient capsules are formulated with a soothing blend of magnesium and L-theanine to help provide stress support at home or on the go.*

KEEP OUT OF REACH OF CHILDREN.

Consult your physician prior to using this product if you are pregnant, nursing, if you have kidney problems, an obstructed bowel, or other medical condition, or if you are currently taking any medication.

Store in a dry environment of not more than 77°F (25°C) with lid tightly secured.

NV4454 • LB-NV4454-120A



*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.

Supports
Body & Mind
Relaxation*

NATURAL  VITALITY

CALM®

MOOD & STRESS*

Magnesium Glycinate
with L-Theanine & Rhodiola



CAPSULES

100mg
magnesium
per serving



120 CAPSULES | DIETARY SUPPLEMENT



Supplement Facts

Serving Size 2 Capsules
Servings Per Container 60

	Amount Per Serving	% DV
Magnesium (as magnesium glycinate)	100 mg	24%
L-theanine	200 mg	†
Rhodiola (root) Extract	50 mg	†

† Daily Value (DV) not established.

Other ingredients: Capsule (hydroxypropyl methylcellulose), microcrystalline cellulose, magnesium stearate, silicon dioxide.

Distributed by Nutranext Business, LLC
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www.naturalvitality.com

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

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