

SUGGESTED USE: Adults mix 1 serving (1/2 rounded tablespoon) with 2 oz of warm water, stir thoroughly, then add 4 oz of cold water. Or, if you prefer, just add to a glass or bottle of cold water, mix thoroughly and enjoy.

Jarrow Formulas® Calming Day™ was designed to support your body and mental focus while you are tackling the challenges of your day.*

Magnesium is an essential mineral that has a relaxing and calming effect on the body and mind, but most people do not get enough of it from their diet.* Jarrow Formulas® Calming Day™ promotes calm and mental focus with two forms of bioavailable magnesium—including magnesium glycinate, a form known to be easy on the stomach.* We also feature our proprietary focus blend with a clinically supported amount of L-theanine combined with inositol and taurine. It's a convenient way to promote healthy magnesium levels to counter occasional stress and support mental focus throughout your busy day.*

WARNING: Consult a healthcare professional before using this product if you are pregnant, nursing, under the age of 18, are taking medication or have a medical condition; if adverse reactions occur, discontinue use.

KEEP OUT OF THE REACH OF CHILDREN.
STORE IN A COOL, DRY PLACE.

* 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.

Lot #: Best Used Before:

Jarrow
FORMULAS.

lemon
and other natural flavors

VEGAN

Calming
Day™

MENTAL FOCUS

Promotes calm and mental focus*

+

2 forms of bioavailable magnesium

✓

non-gmo

Ⓜ

gluten free

NET WT 16.4 OZ (1.03 lb) 465 g

DIETARY SUPPLEMENT

BRAIN HEALTH

Supplement Facts		
Serving Size 1/2 Rounded Tablespoon (7.8 g)		
Servings Per Container About 60		
	Amount Per Serving	% DV
Magnesium (as Magnesium Carbonate and Magnesium Glycinate)	350 mg	83%
Potassium (as Potassium Bicarbonate)	250 mg	5%
Proprietary Focus Blend	2.1 g	†
Taurine		
Inositol		
L-Theanine		
† Daily Value (DV) not established.		

Other Ingredients: Citric acid, rebaudioside A (stevia extract), and natural flavors.

Distributed by
Jarrow Formulas, Inc.
Sherman Oaks, CA 91403, USA
1-888-459-4154
www.Jarrow.com

No wheat, gluten, soybeans, dairy, egg, fish/shellfish, peanuts/tree nuts or sesame.

Do not use if safety seal is damaged or missing.

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APPROX.
FILL LINE