

**Bluebonnet's Simply Calm® Powder** is a special, water-soluble blend of magnesium carbonate/citrate for occasional sleeplessness, stress, as well as bone and immune support. Magnesium is an essential mineral required in over 300 biochemical reactions in the body and known for its ability to help the mind and body ease into a state of calm... *simply.* ♦

**KEY FEATURES**

- Available in four delicious, soft-fizz options (unflavored, cherry, orange citrus and raspberry lemon flavors)
- Free of common allergens (soy, gluten & milk)
- Made with organic natural flavors and sweeteners

Bluebonnet's KOF-K Certification #K-0000700

Simply Calm® is a registered trademark of Bluebonnet Nutrition Corporation.

Keep tightly closed. Store in a cool, dry place away from heat, light and moisture.

Servings per container are an approximate.

Note: This product is sold by weight, not volume. Therefore, settling of contents may occur during shipping.



**WARNING:** For adults only. May cause drowsiness. Do not operate a vehicle or heavy machinery following consumption. Do not use in conjunction with alcoholic beverages. Consult a healthcare practitioner if pregnant/nursing, or if you have a medical condition, particularly kidney problems or an obstructed bowel, or currently on medications like sleep aids or laxatives. Keep out of reach of children.

♦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.



**Bluebonnet**

# Simply Calm®

**MIND & BODY SERENITY FORMULA ♦**



- ✓ Relax the Body ♦
- ✓ Soothe the Mind ♦
- ✓ Support Healthy Magnesium Levels ♦



**ORANGE CITRUS  
FLAVOR**

**Directions:** As a dietary supplement, add one scoop (5.5 g) to 8 fl oz of cold water or juice and mix or shake until smooth. To complete the soft fizz, let mixture react for 1-2 minutes, then enjoy. Mixes instantly without the use of a blender. **Recommendation:** since individual needs may vary, start with half scoop (2.75 g) daily and gradually increase to one scoop (5.5 g) as needed. Store tightly closed in a cool, dry place. **Scoop is enclosed.**

## Supplement Facts

Serving Size 1 Scoop (5.5 g)  
Servings Per Container About 82

| Amount Per Serving                          |        | %Daily Value |
|---------------------------------------------|--------|--------------|
| Magnesium (as magnesium carbonate, citrate) | 420 mg | 100%         |

Other ingredients: Citric acid, organic natural orange & citrus flavors, organic stevia extract (Reb A).

Manufactured by  
**Bluebonnet Nutrition Corporation**  
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Sugar Land, TX 77478 USA  
bluebonnetnutrition.com



↑  
Fill Line

**Free** of milk, egg, fish, crustacean shellfish, tree nuts, peanuts, wheat, soybeans and sesame.

Also free of gluten, barley, rice, sodium and sugar.

Minerals are shown in their elemental value.



✓ Relax the Body ♦



✓ Soothe the Mind ♦



✓ Support Healthy Magnesium Levels ♦

**DIETARY SUPPLEMENT • GENTLE EFFERVESCENT POWDER**

**NET WT. 16 oz (1lb) 454 g**