

Thompson
SINCE 1932



Calm & Relaxed™

MAGNESIUM AND
HERBAL BLEND



ONCE DAILY
DIETARY SUPPLEMENT



WARNING: Do not use if safety seal is broken or missing. Keep out of the reach of children. Keep your licensed health care practitioner informed when using this product. Do not feed to children under 1 year of age. Bee products may cause an allergic reaction in some people. Excessive magnesium may cause diarrhea.

DIRECTIONS: Use only as directed. Mix one slightly heaping scoop (9g) of powder into a cold glass of water once daily or as needed. Store in a cool, dry place.

Supplement Facts

Serving Size 9g (1 slightly heaping scoop)
Servings per Container 30

	Amount Per Serving	% Daily Value
Calories	5	
Total Fat	0 g	0%†
Total Carbohydrates	1 g	0%†
Sugars	1 g	
Magnesium (from Magnesium Carbonate)	630 mg	158%†
Sodium (from Bicarbonate, Sodium Carbonate)	157 mg	7%†
Chamomile (<i>Matricaria recutita</i>) (flower extract)	100 mg	*
Hops (<i>Humulus lupulus</i>) (cone extract) (4:1)	100 mg	*
Stevia (<i>Stevia rebaudiana</i>) (leaf extract)	53 mg	*
L-Theanine	20 mg	*
Passionflower (<i>passiflora incarnata</i>) (aerial extract) (supplying 3.5 mg [3.5%] Isovitexin)	100 mg	*

†Percent Daily Value based on a 2,000 calorie diet.

*Daily Value not established.

Other Ingredients: Citric acid, molasses/honey complex, natural lemon flavor, natural honey flavor with other natural flavor.

Pure & Simple Pure & Simple Pure & Simple Pure & Simple

Discussion: Calm & Relaxed™ dietary supplement is a blend of magnesium, various herbs and ingredients known for their relaxing and calming properties. Magnesium has a long history of many uses and is an essential mineral for your body. Chamomile flower extract has well-known calming properties while L-Theanine, hops and passionflower were added for their various relaxing benefits. Calm & Relaxed™ is flavored with natural lemon and honey and mixes instantly in water giving you a pleasant drink to enjoy. It is intended to provide nutritive support for a relaxing and calming feeling when needed without making you sleepy or drowsy.

Our own laboratory analysis guarantees purity and freshness of all THOMPSON® products.

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Comments or Questions:

Thompson
Phoenix, AZ 85029 USA ©2012
800-227-6063
www.thompsonnutritional.com



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