

GLUTEN-FREE • VEGAN • NON-GMO

The human body requires MAGNESIUM intake EVERY DAY. Most Americans (70% of women and 80% of men) don't get their Minimum Daily Requirement of this vital mineral.

The ANTI-STRESS DRINK **Natural CALM**®

5 INDIVIDUAL PACKS

RASPBERRY-LEMON



The ANTI-STRESS DRINK

THE AWARD-WINNING, RELAXING MAGNESIUM SUPPLEMENT

Contains 5 single-serving packs / Dietary Supplement / Net Wt. 0.12 oz (3.3 g)



VITY AWARD



- INSUFFICIENT MAGNESIUM**, especially when coupled with high calcium from diet and/or supplementation, may cause a wide variety of symptoms, such as
- Stress
 - Trouble Sleeping
 - Low Energy | Fatigue | Weakness
 - Constipation
 - Headaches
 - Muscle Tension | Spasms | Cramps
 - PMS and Hormonal Imbalances
 - Nervousness | Anxiety | Irritability



customer service 866.416.9216

Nurture Your Inner Nature
NATURAL VITALITY
www.naturalvitality.com

Product No. 36111

Directions: Place powder in a glass or mug; add 2-3 oz of hot water. Let it fizz, then stir until dissolved. Fill glass with warm or cold water and enjoy. You can also simply add *Natural Calm* to a glass or bottle of cold water.

Supplement Facts	
Serving Size: 1.5 teaspoons (1 pack)	
Amount per Serving	% Daily Value
Magnesium 235 mg	58
<small>(elemental from magnesium citrate)</small>	

Ingredients: a blend of citric acid and magnesium carbonate—which, in combination with water, creates ionic magnesium citrate—organic stevia, organic raspberry and lemon flavors.

© 2015 by Natural Vitality. All rights reserved. Natural Calm is a registered trademark of Natural Vitality.