

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

**SERVING SIZE:** Individual needs may vary. Start with half a teaspoon (1 g) daily and gradually increase to two teaspoons (4 g) per day as needed.

**FOR BEST RESULTS**, divide your daily amount of *Natural Calm* into two or three servings. *Natural Calm* can be taken with or without food. During times of stress or heavy physical activity your body may need more *Natural Calm*. When bowels are comfortably loose, this is a good gauge of the optimal amount.

If you are taking supplemental calcium, try our premium *Natural Calm Plus Calcium*, formulated to maintain optimum calcium-to-magnesium balance and provide key nutrients for calcium assimilation.

Multi-award-winning *Natural Calm*, developed by Peter Gillham, is the best-selling magnesium supplement in the natural products market.

For children under four, for pregnant or lactating women, or if you have kidney problems, an obstructed bowel, or are currently on medication, consult with your doctor.

**FREE**  
NEWSLETTERS & EBOOKS  
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**NATURAL VITALITY**



**Raspberry-Lemon Flavor**

*Natural*  
**CALM**

A RELAXING MAGNESIUM SUPPLEMENT

**The Anti-Stress Drink**

**Vegan • Verified Non-GMO**

**Restores healthy magnesium levels\***

**8 oz (226 g) • Dietary Supplement**

**Raspberry-Lemon Flavor**

## Supplement Facts

Serving Size: 2 teaspoons (4 g)

Servings per Container: 56

Amount per Serving	% Daily Value
Magnesium 325 mg	81

Ingredients: Ionic magnesium citrate (created from a highly absorbable proprietary blend of citric acid and magnesium carbonate), organic raspberry and lemon flavors and organic stevia.



**VEGAN**  
**GLUTEN-FREE**  
**VERIFIED NON-GMO**

Contains no yeast, dairy, egg, soy, wheat, sugar, fructose, starch, preservatives or artificial color or flavor. Cruelty-free.



Distributed by **NATURAL VITALITY**

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Customer Service: 866-416-9216 - [www.naturalvitality.com](http://www.naturalvitality.com)

\*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.

Keep out of reach of children.  
Amount of product in bottle is based on weight.  
Some settling may occur.



[Product No. 2724.0003] BPA-free bottle