

DIRECTIONS: *For occasional sleeplessness, place powder in a glass or mug, add approximately 1 oz of hot water and stir until dissolved. Fill glass with warm water and enjoy like a hot tea before bedtime.

SERVING SIZE: Individual needs may vary. Start with a teaspoon (2 g) and increase to two teaspoons (4 g) as needed.

CALMFUL SLEEP: While original *Natural Calm* promotes sleep through natural relaxation, *Calmful Sleep* was developed specifically for those times we need extra sleep support. It features *Natural Calm* along with rest-promoting magnesium glycinate, Suntheanine® (a patented premium form of the relaxing amino acid L-theanine), calm-enhancing GABA (a non-protein amino acid) and melatonin, which helps the body ease into restful sleep.

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

For adults only. May cause drowsiness. Do not operate a vehicle or heavy machinery following consumption. Consult a physician if pregnant/nursing, or if you have a medical condition (including kidney problems, an obstructed bowel, or are currently on medication).

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

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NATURAL VITALITY



Wildberry Flavor

Natural
CALM
— SPECIFICS —
Calmful Sleep

A RELAXING NUTRIENT DRINK
FOR EXTRA SLEEP SUPPORT

4 oz (113 g) • Dietary Supplement

Wildberry Flavor

Supplement Facts

Serving Size: 4 g (about 2 tsp)
Servings per Container: 28

Amount per Serving	% Daily Value
Natural Calm® Magnesium	150 mg 36
GABA (Gamma-Aminobutyric Acid)	100 mg **
Magnesium (as Magnesium Glycinate)	70 mg 17
Suntheanine® L-Theanine	50 mg **
Melatonin	5 mg **

**Daily Value not established

Other ingredients: Ionic magnesium citrate (created from a highly absorbable proprietary blend of citric acid and magnesium carbonate), organic wildberry flavor, organic stevia.

VEGAN • GLUTEN-FREE • GMO-FREE

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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*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.



[Product No. 3952.0001] BPA-free bottle