

A premium balanced Magnesium-Calcium formula

Natural CALM PLUS CALCIUM



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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.

Ingredients: Calcium gluconate, a proprietary blend of citric acid and magnesium carbonate—which, in combination with water, creates ionic magnesium citrate—ascorbic acid, organic raspberry and lemon flavors, potassium citrate, organic stevia, vitamin D₃, and boron citrate.

Supplement Facts

Serving Size: 1 packet (4.2 g)
Servings per Container: 30

Amount per Serving	% Daily Value
Vitamin C (as ascorbic acid) 148 mg	246
Vitamin D₃ (as cholecalciferol) 59 IU	14
Calcium 117 mg	11
(elemental from calcium gluconate)	
Magnesium 179 mg	44
(elemental from magnesium citrate)	
Potassium 59 mg	1.6
(elemental from potassium citrate)	
Boron 148 mcg	*
(elemental from boron citrate)	

*Daily Value not established

VERIFIED NON-GMO
VEGETARIAN • GLUTEN-FREE



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

NATURAL CALM

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Premium *Balanced* Magnesium-Calcium Drink

Contains 30 single-serving packs / Dietary Supplement / Net Wt. 0.15 oz (4.2 g)



Distributed by **NATURAL VITALITY**

Makers of Natural Calm

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This product is not intended to diagnose, treat, cure, or prevent any disease.