



**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 Vitality's Calm* to a glass or bottle of cold water.

**SERVING SIZE:** Individual needs may vary. Start with about half a teaspoon (1.35 g) daily and gradually increase to about two teaspoons (5.4 g) per day as needed.

*Calmful Gut* was designed specifically for those times you need extra gut support. It features relaxing *Natural Vitality's Calm*, along with L-Glutamine, amino acids and a comprehensive digestive enzyme blend to promote digestive health and balance.\*

Multi-award-winning *Natural Vitality's Calm*, developed by Peter Gillham, is the best-selling magnesium supplement in the natural products market, according to supermarket scanner reports. (SPINS 2017)

Consult your doctor before giving to children, if you are pregnant or lactating, if you have kidney problems or an obstructed bowel, or if you are currently on medication.

\* 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.

Manufactured for: NATURAL VITALITY  
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NATURAL VITALITY'S

# CALM™

SPECIFICS

## Calmful Gut

A COMPREHENSIVE BLEND OF PROBIOTICS  
AND ENZYMES TO PROMOTE A HEALTHY GUT\*



WILDBERRY FLAVOR

6 oz (170 g) • Dietary Supplement

## Supplement Facts

Serving Size: About 2 teaspoons (5.4 g)  
Servings per Container: 31

Amount per Serving		%DV
Magnesium	300 mg	71% (as magnesium carbonate, magnesium glycinate)
L-glutamine	500 mg	†
Enzyme Blend	50 mg	†
Amylase (1531 DU <sub>1</sub> ), protease (6122 HUT <sub>1</sub> ), xylanase (816 XU <sub>2</sub> ), maltase (41 DP <sub>1</sub> ), glucoamylase (4 AGU <sub>1</sub> ), hemicellulase (628 HCU <sub>1</sub> ), beta-glucanase (2 BGU <sub>1</sub> ), phytase (0.5 FTU <sub>2</sub> ), cellulase (245 CU <sub>1</sub> ), bromelain (51020 PU <sub>1</sub> ), alpha-galactosidase (41 GalU <sub>1</sub> ), lipase (226 FIP <sub>1</sub> ), lactase (71 ALU <sub>1</sub> ), invertase (31 SU <sub>1</sub> )		
<i>Bacillus coagulans</i> MTCC 5856	2 billion CFU	†

†Daily Value (DV) not established.

Other ingredients: Citric acid, organic wildberry type flavor, stevia (leaf) extract.

### VEGETARIAN • GLUTEN-FREE

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

Magnesium carbonate and citric acid, when combined with water create ionic magnesium citrate.



[Product No. 4086.0001] BPA-free bottle