

DIRECTIONS: For children four years and older. Place powder in a glass or mug; add 2–3 ounces 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 Kids* 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 (3.6 g) per day as needed.

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

For a comprehensive approach to the health of your children, try *Kids Natural Calm Multi*. This is a tasty liquid formulation that includes *Natural Calm* magnesium as well as a complete multi, balanced calcium and omega-3 DHA and EPA, amino acids and 24 organic fruits and vegetables.

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

For children under four, children with kidney or bowel problems or currently on medication, consult with your doctor.

[†]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.

NATURAL VITALITY



CALM

SPECIFICS

Kids

THE KIDS' CALM-FOCUS DRINK MIX[†]



NATURAL BERRY FLAVOR

Net Wt 4 oz (113 g) • Dietary Supplement

NATURAL BERRY FLAVOR

Supplement Facts

Serving Size: 2 tsp (3.6 g)

Servings per Container: About 31

Amount per Serving		% DV*
Vitamin C (as ascorbic acid)	30 mg	33%
Vitamin D (as cholecalciferol)	2.5 mcg	13%
Vitamin B ₆ (as pyridoxal-5-phosphate monohydrate)	7.5 mg	441%
Vitamin B ₁₂ (methylcobalamin)	5 mcg	208%
Choline (as choline bitartrate)	100 mg	18%
Magnesium (as magnesium carbonate, magnesium glycinate)	175 mg	42%
L-theanine	50 mg	*

* Daily Value (DV) not established.

Other ingredients: Citric acid, organic berry flavor, organic beet root (for color), organic stevia (leaf) extract

Distributed by **NATURAL VITALITY**

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Customer Service: 866-416-9216 • www.naturalvitality.com

VEGETARIAN • GLUTEN-FREE • GMO-FREE

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



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[Product No. 3959.0001] BPA-free bottle