

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 before bedtime. Individual needs may vary. Start with a teaspoon (2g) and increase to a maximum two teaspoons (4g).

CALMFUL SLEEP: *Calmful Sleep* was developed specifically for those times we need extra sleep support. It features *Natural Calm* along with Suntheanine® (a patented premium form of the relaxing amino acid L-theanine), 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.

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

*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.

WARNING: 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).

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NATURAL VITALITY



Wildberry Flavor

Natural
CALM

— SPECIFICS —
Calmful Sleep

A RELAXING NUTRIENT FORMULA
FOR EXTRA SLEEP SUPPORT*

Net Wt. 4 oz (113 g) • Dietary Supplement

Wildberry Flavor

Supplement Facts

Serving Size: 2tsp (4g)

Servings per Container: About 28

Amount per Serving	% Daily Value	
Magnesium (as Magnesium Glycinate and Magnesium Carbonate)	220 mg	53
GABA (Gamma-Aminobutyric Acid)	100 mg	**
Suntheanine® L-Theanine	50 mg	**
Melatonin	5 mg	**

**Daily Value not established

Other ingredients: Ionic magnesium citrate, organic wildberry flavor, organic stevia rebaudiana.

Distributed by **NATURAL VITALITY**

12112 Anderson Mill Road, Austin, TX 78726

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

VEGAN • GLUTEN-FREE • GMO-FREE

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



[Product No. 3952.0003] BPA-free bottle

FREE
RECIPES & EBOOKS AT
CALMFUL.COM