

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 rounded half teaspoon (1.6 g) daily and gradually increase to two rounded teaspoons (6.3 g) per day as needed.

Calmful Muscles was created for tired, sore, or cramping muscles and to promote quick recovery after workouts or exertion. It features relaxing *Natural Vitality's Calm* along with L-Carnitine, beet root powder, and bromelain to help the muscles recover quickly.*

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.

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NATURAL  VITALITY

NATURAL VITALITY'S

CALM™

SPECIFICS

Calmful Muscles

FOR TIRED, SORE, OR CRAMPING MUSCLES*



WATERMELON FLAVOR

6 oz (170 g) • Dietary Supplement

Supplement Facts

Serving Size: 2 Rounded Teaspoons (6.3 g)
Servings per Container: 27

Amount per Serving		% DV
Magnesium (as magnesium carbonate)	300 mg	71%
L-carnitine L-tartrate	1 g	†
Bromelain (17 GDU)	209 mg	†
Organic beet (root) powder	200 mg	†

†Daily Value (DV) not established.

Other Ingredients: Citric acid, organic natural watermelon flavor with other natural flavors, stevia (leaf) extract.

VEGAN • GLUTEN-FREE • NON-GMO

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

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

Manufactured for: NATURAL VITALITY
In Sunrise, FL 33323
Customer Service: 866-416-9216
www.naturalvitality.com



[Product No. 4085.0001] BPA-free bottle