

**SUGGESTED USE:** Take 1–1½ rounded teaspoons twice per day at any time, at least 5 hours apart.

Individual needs may vary. Start with 1 rounded teaspoon daily and gradually increase to 1½ rounded teaspoons twice daily. When bowels are comfortably loose, this is the optimal amount. Some people may need to start with a half teaspoon only and gradually work up to higher amounts.

**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 Calm Plus Calcium* to a glass or bottle of cold water.

*Natural Calm Plus Calcium* is formulated to avoid excess dietary calcium depleting the body's vital magnesium supply and to avoid symptoms associated with low magnesium and high calcium levels. This premium formulation includes nutritional cofactors to facilitate the assimilation, distribution and utilization of calcium. Multi-award-winning *Natural Calm*, developed by Peter Gillham is the best-selling magnesium supplement in the natural products market.\*

\*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. Some settling may occur. Amount of product in bottle is based on weight.

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**NATURAL VITALITY**

Original (Unflavored)

*Natural*  
**CALM**  
PLUS  
**CALCIUM**

Premium *Balanced*  
Magnesium-Calcium Drink

16 oz (454 g) • Dietary Supplement



Original (unflavored)

### Supplement Facts

Serving Size: 3 teaspoons (7.5 g)  
Servings per Container: 60

Amount per Serving	% Daily Value
<b>Vitamin C</b> (as ascorbic acid) <b>290 mg</b>	<b>480</b>
<b>Vitamin D3</b> (as cholecalciferol) <b>115 IU</b>	<b>30</b>
<b>Calcium</b> <b>230 mg</b>	<b>20</b> (elemental from calcium gluconate)
<b>Magnesium</b> <b>350 mg</b>	<b>87</b> (elemental from magnesium citrate)
<b>Potassium</b> <b>115 mg</b>	<b>2</b> (elemental from potassium citrate)
<b>Boron</b> <b>290 mcg</b>	<b>**</b> (elemental from boron citrate)

\*\*Daily Value not established

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



**VEGETARIAN**  
**GLUTEN-FREE**  
**VERIFIED NON-GMO**

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

Distributed by **NATURAL VITALITY**

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[Product No. 2966.0003] BPA-free bottle