



Natural CALM PLUS CALCIUM

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.

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

Supplement Facts

Serving Size: 1 packet (4.2 g)
Servings per Container: 30

Amount per Serving		% Daily Value
Vitamin C (as ascorbic acid)	148 mg	246
Vitamin D₃ (as cholecalciferol)	59 IU	14
Calcium (elemental from calcium gluconate)	117 mg	11
Magnesium (elemental from magnesium citrate)	179 mg	44
Potassium (elemental from potassium citrate)	59 mg	1.6
Boron (elemental from boron citrate)	148 mcg	*

*Daily Value not established

VERIFIED NON-GMO
VEGETARIAN • GLUTEN-FREE



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

NATURAL CALM

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NATURAL VITALITY



Raspberry-Lemon Flavor

Natural
CALM
PLUS
CALCIUM

Premium *Balanced* Magnesium-Calcium Drink

Contains 30 single-serving packs / Dietary Supplement / Net Wt. 0.15 oz (4.2 g)



Distributed by **NATURAL VITALITY**

Makers of Natural Calm.

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[Product No. 3428.0002]

This product is not intended to diagnose, treat, cure or prevent any disease.