

**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. Do not use in conjunction with alcoholic beverages. 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](http://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. 3952.0004] BPA-free bottle

**FREE**  
RECIPES & EBOOKS AT  
[CALMFUL.COM](http://CALMFUL.COM)