

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 half a teaspoon (1 g) daily and gradually increase to two teaspoons (4 g) per day as needed.

FOR BEST RESULTS, divide your daily amount of *Natural Vitality's Calm* into two or three servings. *Natural Vitality's Calm* can be taken with or without food. During times of stress or heavy physical activity your body may need more *Natural Vitality's Calm*. When bowels are comfortably loose, this is a good gauge of the optimal amount.†

Multi-award-winning *Natural Vitality's Calm*, developed by Peter Gillham, is the best-selling magnesium supplement in the natural products market. (SPINS 2017)

For children under four, for pregnant or lactating women, or if you have kidney problems, an obstructed bowel, or are currently on medication, consult with your doctor.

† 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.

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NATURAL VITALITY



Natural Watermelon Flavor
with Other Natural Flavors

NATURAL VITALITY'S

CALM

A RELAXING MAGNESIUM SUPPLEMENT†

The Anti-Stress Drink Mix†
Vegan • Verified Non-GMO

Net Wt 8 oz (226 g) • Dietary Supplement

Limited Edition!

Natural Watermelon Flavor
with Other Natural Flavors

Supplement Facts

Serving Size: 2 tsp (4g)
Servings per Container: About 56

Amount per Serving		% Daily Value
Magnesium (as Magnesium Carbonate)	290 mg	69%

Other Ingredients: Citric acid, organic natural flavors, organic stevia (leaf) extract.



VEGAN
GLUTEN-FREE
VERIFIED NON-GMO

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

Manufactured by Nature's Products, Inc.
for Nutranext Business, LLC
1301 Sawgrass Corporate Pkwy Sunrise, FL 33323
Customer Service: 866-416-9216
www.naturalvitality.com

Keep out of reach of children.

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



[Product No. 3970.0002] BPA-free bottle