

Natural Calm vitamins and Herbs.

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Itemnumber: **VY0014**

Manufacturer: [PETER GILLHAM'S NATURAL VITALITY](#)

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Description: **Natural Calm**

UPC: **183405000018**

Size: **8 oz**

Suggested Retail: **\$21.95**

Discount: **31% OFF MSRP**

Our Price: **\$ 15.15**



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Natural Calm from Peter Gillham's Natural Vitality

What makes

Natural Calm so special over other forms of magnesium supplements is that it is water soluble and assimilates instantly and thoroughly, and works even in cases of highly impaired digestion.

Doctors and clinics: Natural Calm is used by over 1,000 doctors and health clinics nationwide with great success.

If a person is experiencing the symptoms of magnesium deficiency such as sleep disorders, body tension, fatigue, muscle spasms or stiffness, heart disorders, PMS, depression, dispersal, diabetes, osteoporosis, asthma, nervousness, constipation (see complete list in the booklet "The Miracle Nutrient"), Natural Calm is the formula to use. The rule is: whenever a person manifests any number of major symptoms, Natural Calm is always the first product to start with. Most of these symptoms are magnesium deficiency and Natural Calm will correct the deficiency faster and more effectively than any other formula available today. Note: to ensure the most effective results, the person should avoid calcium supplements, as calcium will slow down the results.

On the rare occasion where a person experiences a worsening of symptoms upon taking Natural Calm, it is a sign that the person is okay on magnesium (rare) and is in need of calcium. The appropriate formula in such a case is Cal Mag Plus (see next section) and in some cases CalMag (higher calcium than Cal Mag Plus).

Ingredients:

Water Soluble Magnesium Citrate, and nothing else (205mg of elemental magnesium per teaspoon). Manufactured using a proprietary process exclusive to Natural Vitality. Contains NO yeast, dairy, egg, gluten, soy, wheat, sugar, starch, preservatives, artificial colors or flavoring.

Each tablespoon contains magnesium
615mg

How to Use Natural Calm?

Preparation: As you can read from the label, Natural Calm is made as a tea by placing the powder in hot water to dissolve. Cold water can be added at will for instant drinking.

How much Natural Calm?

It is important to understand that individual needs will vary. Some individuals will need more Natural Calm than others. We recommend that you start with 1 teaspoon daily, and increase your dose up to the point of loose stools. This will be the dose you will need to maintain for regular use.

The final amount taken could range anywhere from a 1/4 teaspoon to 3-4 teaspoons. This could be taken all at once or split to 2-3 smaller dosages throughout the day.

Diarrhea: If you get diarrhea, it is a sign that you used too high a dose, and you need to cut it back to the point where the diarrhea does not reappear.

What about kids?

the same applies as before. Start with a small amount and increase. We recommend starting with 1/4 a teaspoon and increasing, depending on the kids physical size. If they are 10 years old they can often handle up 1/2 - 1 teaspoon.


High stress and low magnesium = big trouble.
Magnesium is a powerful anti-stress mineral and its deficiency is associated with most irritability or stress cases. Use in those stressful times and high tension periods or use regularly to reduce them. Natural Calm is a breakthrough in magnesium supplements and delivers the highest assimilation possible. Magnesium is perhaps the most vital mineral of the body and when there is a deficiency the body will not function properly in many ways.

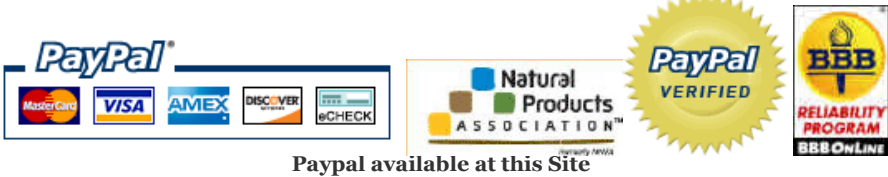
DataSheet:

The Natural Calm Sale Price: \$15.15 - Vitamins or Herbs Should be taken as directed on the bottle.

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