

Natural Calm was designed to handle the devastating effects to the body of a magnesium deficiency and the resulting aches, pains and illnesses.” —Peter Gillham

Kid's Formula Calm

Supplement Facts

Serving Size: 1/2 teaspoon

Amount per 1/2 teaspoon	% Daily Value	
Magnesium	85 mg	65
<small>(elemental from magnesium citrate)</small>		
Vitamin C	200 mg	444
<small>(as magnesium ascorbate)</small>		
Elemental Zinc	2 mg	20

Ingredients: Magnesium Citrate, Magnesium Ascorbate, Elemental Zinc, Stevia and natural orange flavor. Contains no sugar, artificial sweeteners or allergens.

Kid's Formula Calm

Peter Gillham formulated this *Natural Calm* for kids (four years old and up). It contains magnesium, zinc and vitamin C for growth, relaxation and immunity. Kids will love it! The natural orange flavor tastes like a sweet, juicy orange.

Contains no sugar or artificial sweeteners and zero carbs. This formula will relax the nerves and help a child to grow, concentrate and stay healthy.



The Recommended Daily Allowance for magnesium is

Kids

4–8 years: 130 mg
9–13 years: 240 mg

Mamas

pregnant women
age 19–30: 350 mg
age 31+: 360 mg

lactating women
age 19–30: 310 mg
age 31+: 320 mg

Babies

Under 6 months: 40 mg
6–12 months: 60 mg
1–3 years: 80 mg



Mama Calm

Supplement Facts

Serving Size: 1 teaspoon

Amount per 1 teaspoon	% Daily Value	
Magnesium	170 mg	47
<small>(elemental from magnesium citrate)</small>		
Vitamin C	200 mg	421
<small>(as magnesium ascorbate)</small>		
Elemental Zinc	4 mg	33
Folic Acid	150 mcg	18

Ingredients: Magnesium Citrate, Magnesium Ascorbate, Elemental Zinc, Folic Acid, Stevia and natural lemon and raspberry flavors. Contains no sugar, artificial sweeteners or allergens.

Mama Calm

This *Natural Calm* is formulated especially for mothers—pregnant or nursing. Raspberry-lemon flavor *Mama Calm* contains folic acid and zinc for proper DNA formation. Thousands of studies have shown that folic acid is vital for a healthy and successful pregnancy. Zinc and magnesium are equally necessary for proper DNA formation, mood functions and relaxation. Magnesium provides relaxation and comfort. Contains no sugar or artificial sweeteners and zero carbs.



Baby Natural Calm

Supplement Facts

Serving Size: 1/4 teaspoon

Amount per 1/4 teaspoon	% Daily Value	
Magnesium	42.5 mg	56.5
<small>(elemental from magnesium citrate)</small>		
Vitamin C	100 mg	285.5
<small>(as magnesium ascorbate)</small>		

Ingredients: Magnesium Citrate, Magnesium Ascorbate and Stevia. Contains no sugar, artificial sweeteners or allergens.

Baby Natural Calm

Natural Calm, formulated especially for babies. *Baby Natural Calm* absorbs instantly and contains magnesium for baby's relaxation, comfort and growth and vitamin C for immunity. Contains no sugar or artificial sweeteners. No mom should be without *Baby Natural Calm* for a calm, happy baby.

