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Natural Vitality - Calm Plus Calcium 16 Ounces

from [The Calm Company](#)
★★★★★ [128 customer reviews](#) | [6 answered questions](#)



To view this video download [Flash Player](#).

About the Product

- 16 Ounces Powder
- Serving Size: 3 teaspoons (7.5g)
- 30 Servings Per Container
- Suitable for Vegetarians

Gluten Free
More

Frequently Bought Together

Total price: **\$75.13**
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Price: **\$28.17** (\$1.76 / Ounce)

In Stock. Sold by [Yellowstone River](#) and [Fulfilled by Amazon](#).
Gift-wrap available.

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or
Use this location:

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Please enter a valid US zip code.

Please enter a valid US zip code.

Shipping to a APO/FPO/DPO? Please add the address to your address book. Make sure you include the unit and box numbers (if assigned).
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★★★★★ 86

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This item: Natural Vitality - Calm Plus Calcium 16 Ounces **\$28.17** (\$1.76 / Ounce)

[Natural Vitality Natural Calm Magnesium Anti Stress, Original, 16 oz](#) **\$23.97** (\$1.50 / Ounce)

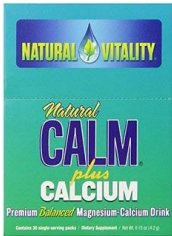
[Great Lakes Gelatin Collagen Hydrolysate Beef, Kosher, 16 oz.](#) **\$22.99** (\$1.44 / Ounce)

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1.
- [Natural Vitality Natural Calm Plus Calcium Diet Supplement, 16 Ounce](#)
★★★★★ 126
\$28.17 Prime



2.
- [Natural Vitality Natural Calm Plus Calcium Packets, 0.15 oz, 30 Count](#)
★★★★★ 26
\$15.57 Prime



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★★★★★ 289
\$24.95 Prime



2.
- [New Nuun Active: Hydrating Electrolyte Tablets, Citrus Berry Mix, Box of 4 Tubes](#)
★★★★★ 211



★★★★★ [25](#)



Ad feedback

Size: 16 Ounces

- Your cost could be **\$0.00 instead of \$28.17!** Get a **\$70.00 gift card instantly** upon approval for the **Amazon.com Rewards Visa Card**. [Apply now.](#)

Size: 16 Ounces

Natural Calm Plus CalciumThe Perfectly Balanced Magnesium-Calcium Drink.Calcium is an important nutrient essential for maintaining total body health. Your body needs it every daynot just to keep your bones and teeth strong, but to ensure proper functioning of muscles and nerves. It even helps your blood to clot. But can too much calcium be a problem? Yes, it can.Excess calcium can deplete its vital sister mineral, magnesium, from the body and, as a result, can bring about symptoms of magnesium depletion. Calcium acts to excite nerves and is necessary for muscle contraction. Magnesium, on the other hand, calms nerves and is needed for muscle relaxation. Calcium makes bones stiff and hard, but magnesium is needed to avoid their becoming brittle. An excess of unabsorbed calcium may result in kidney stones and deposits in soft tissues such as arteries and heart cells, where it can calcify or harden into insoluble calcium.You experience the tensing (calcium) and relaxing (magnesium) interaction of these two elements each time your heart beats, when you feel your pulse, and every time you breathe.When we are under stress, our cellswhich in their resting state contain magnesiumgo through a change. Calcium, normally outside the cells, enters the cells through tiny gates and the calcium level temporarily becomes high. This is the action state in which a muscle cell, for example, will contract and tense the muscle. The magnesium guardian then helps push the calcium out of the cell and the cell is again in its resting, relaxed state.Think of it as an on-off switch. The off is magnesium and the on is calcium.But what happens to a cell that is not in balancewhere the magnesium level in the body is deficient?In simple terms, the off switch doesnt fully turn off. That means calcium can continually leak into the cells and stimulate cell activity (the on switch). The result is stress, which may be accompanied by one or more of the magnesium deficiency symptoms.Magnesium helps your m

Size: 16 Ounces

Product Dimensions: 6 x 6 x 6 inches

Shipping Weight: 1.2 pounds ([View shipping rates and policies](#))

ASIN: B0054RP266

UPC: 183405000988

Average Customer Review:  (128 customer reviews)

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Ingredients

Magnesium elemental from Magnesium citrate (350 mg, 87%), Vitamin C as Ascorbic Acid (290 mg, 480%), Vitamin D3 as Cholecalciferol (115 IU, 30%), Calcium elemental from calcium gluconate (230 mg, 20%), Potassium elemental from potassium citrate (115 mg, 2%), Boron elemental from boron citrate (290 mcg)

Ingredients

calcium gluconate, a proprietary blend of citric acid and magnesium carbonate- which, in combination with water, creates ionic magnesium citrate- ascorbic acid, potassium citrate, vitamin D3 and boron citrate.

Directions

How to prepare:Place powder in a glass or mug; add 3-4 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 Calm Plus Calcium to a glass or bottle of cold water. Suggested Use: 1 -1.5 teaspoons twice per day at any time, at least 5 hours apart. Individual needs may vary. Start with 1 teaspoon daily and gradually increase up to 1.5 teaspoons twice daily. When bowels are comfortably loose, this is the optimal amount.

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★★★★★

59

\$17.99





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Customer Reviews

★★★★★

128

[4.5 out of 5 stars](#)

[5 star](#)

[4 star](#)

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[11%](#)

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AND AFTER THE BLADES

**SHIELDS
WHILE YOU SHAVE**

3 star 6%
2 star 2%
1 star 6%

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Top Customer Reviews

★★★★★It really is calming

By [Lexy Bourne](#) on June 19, 2013

Size: 16 Ounces | [Verified Purchase](#)

I guess you could say that I can sometimes be a spazz. I often feel frantic, stressed and anxious when I have a lot going on and especially when I feel like I'm running late for something or have to go to the airport. I received a sample of one of the flavored Calm products from my chiropractor, an appointment for which I had been running late and left me feeling frantic, even after leaving the office. I poured the sample into my bottle of water when I got in the car and shook it up really well to incorporate it. I drank it as I was driving away and I'm not kidding, within 20 minutes I felt this wave of calmness wash over me. It was like nothing I had experienced before.

I didn't particularly care for the flavor of the sample I received so I went online and found that there was an unflavored variety. I bought it and have felt calm ever since. The only time I have felt frantic/stressed since using this product regularly is when I forget to take it more than two days in a row. It keeps me calm, even at the airport, where I always seem to have high anxiety regardless if I'm running late or not.

[Comment](#) | 19 people found this helpful. Was this review helpful to you? Sending feedback...

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★★★★★Awesome

By [ZumaLun](#) on January 2, 2013

Size: 16 Ounces

This is one of my top supplements that I will not live without! I've got it all - anxiety, insomnia, heart palpitations, overstressed, bladder spasms and my electrolytes get out of whack. Taking this product regularly keeps me normal and happy! If I miss a few days of this product (because life gets so crazy and I forget to take it!) -- I notice many of these symptoms return. But within 1-2 times of taking this supplement I am back to normal. I literally feel calmer, sleep better and my muscles feel better (no cramping, stress, spasms). I like this plain (original) flavor -- it's kind of a slightly sour (lemony) flavor with a little fizz like alka seltzer. I take 1 tsp in the morning and one at night in warm water (but sometimes but in my normal cup of cool water). LOVE THIS PRODUCT!!!!

[Comment](#) | 22 people found this helpful. Was this review helpful to you? Sending feedback...

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★★★★☆This is definitely worth a try!

By [Sam Spade](#) on July 27, 2014

Size: 16 Ounces | [Verified Purchase](#)

We normally buy the CALM that is strictly magnesium. Love it! We decided that extra calcium would be a good thing so we tried this. Personally, we thought the added calcium took something away from the effects of the straight magnesium. This is good but we prefer the magnesium withOUT the calcium.

[1 Comment](#) | 5 people found this helpful. Was this review helpful to you? Sending feedback...

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★★★★★Cal-Mag pregnancy support

By [Jennifer Walker](#) on November 11, 2014

Size: 16 Ounces

Using this as a Magnesium and Calcium supplement during pregnancy. For me it relieves muscle spasms and cramps, helps me meet my Cal-Mag intake needs without relying heavily on other sources (dairy). The true sign that it's working is when I have been out of town without my CALM, the muscle cramps start right back up after a few days without it. Overall very please with the

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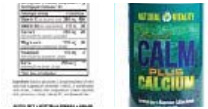
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Customer Images



Most Recent Customer Reviews

★★★★★Five Stars

Received in a timely manner and this product appears to help me sleep more soundly!

Published 2 days ago by Amazon Customer

★★★★★Sleep like a baby

I have been taking Natural Calm for a couple of years now. I usually mix it in a small amount of hot water and drink it right before bed. [Read more](#)

Published 4 days ago by Chatty Cathy

★★★★★Can't live without it.

Can't live without it. I sleep like a baby. Am never sore. And no.2 is great, too.

Published 7 days ago by Chris Weber

★★★★★perfect alternative to keep kids regular

We have been using the Natural Calm for our children to help keep them regular with their bowel movements. It has helped tremendously. [Read more](#)

Published 9 days ago by Richard E. Burkhart

★★★★★Calm Plus Calcium is the Best Choice

Calm plus calcium is an excellent quality product. It's my favorite brand of magnesium supplement. I've been through several of these and continue buying. [Read more](#)

Published 12 days ago by H. Tibbs

★★★★☆Four Stars

my wife, daughter and I use this product

Published 27 days ago by Broderic L. Lewis

★☆☆☆☆One Star

I have been using the product as described for several weeks, and I feel no different. It is disappointing.

Published 1 month ago by carrie canales

★★★★★I've been using this for years it's a great product. It helps me sleep...

I've been using this for years it's a great product. It helps me sleep at night and it gives me the calcium and magnesium my body needs. This is also the best price I've found. :)

Published 1 month ago by LT. In NJ


★★★★★Five Stars

Perfect, Thanks!

Published 1 month ago by Kelly J Cartier

★★★★☆Non-sweet but Tasty Calming

Drink
I use it in place of Herbal Tea, as a soothing, non-sweet warm Bedtime Drink

Published 2 months ago by SKK Khalsa
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effects. I have grown to enjoy the 'sour' taste, but I'm sure it's not for everyone.
[Comment](#) | 6 people found this helpful. Was this review helpful to you?

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★★★★★Wouldn't be without it!

By [Kiki Dee](#) on July 1, 2014

Size: 16 Ounces | [Verified Purchase](#)

I love this product. It keeps me "ticking" in a variety of ways, most notably, it promotes "regularity", it reduces stress, it helps with muscle cramps and, best of all helps me wind down at night and get to sleep. I order regularly so that I am never without it. You get used to the taste with water, but sometimes I will put in tea or other drinks as well. Be careful with carbonated drinks though -- it fizzes!! I use it every single day. Love it.

[Comment](#) | 4 people found this helpful. Was this review helpful to you?

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★★★★★Miracle worker!

By [Picky Piscetarian](#) on November 28, 2012

Size: 16 Ounces | [Verified Purchase](#)

I LOVE LOVE LOVE my Natural Calm. Been using it for over a year now. I prefer to take it at night before bed. Just a teaspoon and a half works perfectly for me. It helps me sleep thoroughly and I wake up feeling calm and relaxed yet ready to tackle my day. Great stuff!

[Comment](#) | 9 people found this helpful. Was this review helpful to you?

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★★★★★Great Sleep Aid For Me

By [Prime Amazon Addict](#) on February 3, 2013

Size: 16 Ounces | [Verified Purchase](#)

I take it at night, helps keep me asleep till morning.
The added calcium is a nice feature (and in liquid form for excellent absorption) .

[1 Comment](#) | 7 people found this helpful. Was this review helpful to you?

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★★★★★I'm thankful to have discovered this product

By [libby r winston](#) on January 30, 2016

Size: 16 Ounces | [Verified Purchase](#)

Thank you, thank you to my nutritionist for recommending this! I've tried melatonin (nightmares & a hangover), GABA, 5HTP, and other sleep- aids, but CALM works best for me with absolutely no side affects whatsoever. In fact, I would doubt it's doing anything except that I just sleep LONGER when I take it. I have trouble sleeping more than 4-5 hours without it. I can sleep a full 8 hours, sometimes more, when I take just a teaspoon in hot water. I prefer the plain version with calcium, ideally with a slice of lemon or lime, but I often drink it plain. It sort of takes like a strong club soda. I tried the lemon-raspberry and it just tasted of artificial-sugar. I also buy the single-serving packets to have with me when I travel.

[Comment](#) | One person found this helpful. Was this review helpful to you?

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★★★★★ 756
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