

Natural Calm: Powdered Magnesium Perfection

written by Mike Roberto | September 30, 2015



We've gone over what the best sleep aid and best magnesium supplements are, and it seems to have been well received by readers.

However, one supplement flew under the radar that possibly should have been included on our list, especially after seeing *thousands* of Amazon reviews for it!

Thanks to you, our loyal readers, we're now aware of another outstanding product. Manufactured by *Natural Vitality*, **Natural Calm** could be just what you need when looking for a magnesium supplement.

We'll explain more about it down below, but first make sure to sign up for PricePLOW alerts and check where to get the best deal on Natural Calm:

Natural Vitality Natural Calm – Deals and Price Drop Alerts

Get Price Alerts

Get Natural Calm Price Alerts Get Natural Vitality alerts Get Magnesium Citrate price drops

Also get hot deal alerts

No spam, no scams.

Disclosure: PricePLOW relies on pricing from stores with which we have a business relationship. We work hard to keep pricing current, but you may find a better offer.

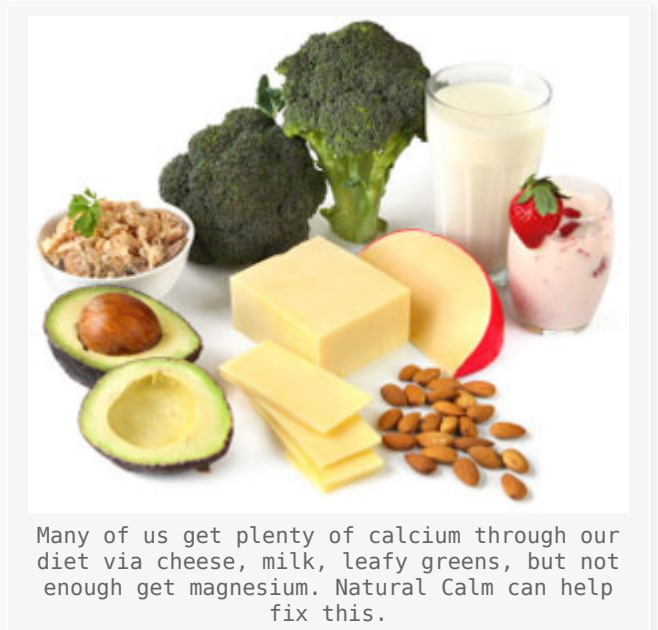
Posts are sponsored in part by the retailers and/or brands listed on this page.

What is Natural Calm?

As we discussed in our best magnesium blog post, Magnesium and calcium are two fundamental minerals the body needs on a daily basis to maintain optimal health and wellness. However, what you might not be aware of is that the *balance* of these two nutrients is also vitally important.

This is even more important at the cellular level. Magnesium and calcium are exact opposites in regards to their actions. Calcium stimulates and excites nerves,[7] but magnesium settles them down.[8] You can see this first hand when exercising. Calcium is required for muscular contraction. Magnesium counters that and is necessary for the muscle to relax.

What happens when there is an imbalance?



Magnesium is the “off” to calcium’s “on” function in the body. When there is a

lack of magnesium, calcium continually enters cells and stimulates them.[7,8] This leads to excessive stress being placed on the body and the inability to recover properly from those stressors.

This imbalance can lead to a number of complications involving energy production, muscle protein synthesis, blood pressure regulation, glucose tolerance, and skeletal muscle function.[4,5,6]

What causes the imbalance?

In an ideal world, we'd all eat a perfect diet that provided all of the essential vitamins, minerals, and phytonutrients we would need without the need for supplements (except our precious pre workouts). Unfortunately, we don't live in a perfect world and the vast majority of people don't eat a varied enough diet or get in enough fruits and vegetables.

Inevitably, this leads to nutrient and mineral imbalances in the body and **one of the most common deficiencies among adults is with magnesium**. We typically get plenty of calcium through vitamins, milk, cheese, ice cream, etc... but not nearly enough magnesium.

An imbalance of magnesium can be caused by several stressors on the body including heavy exercise, excessive stress, too much calcium in the diet, or using a magnesium supplement with poor bioavailability.

Enter Natural Calm

Natural Calm may just be what you're looking for to solve the calcium-magnesium imbalance and chronic stress levels. Natural Calm uses **ionized magnesium citrate** that consists of a proprietary blend of citric acid and magnesium carbonate.

Natural CALM. 8 oz
Original (unflavored)

Supplement Facts

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

Amount per Serving	% Daily Value
Magnesium 350 mg	87

Ingredients: Ionic magnesium citrate (created from a highly absorbable proprietary blend of citric acid and magnesium carbonate).

GLUTEN-FREE • VEGAN • VERIFIED NON-GMO

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

Natural CALM. 8 oz
Raspberry-Lemon Flavor

Supplement Facts

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

Amount per Serving	% Daily Value
Magnesium 325 mg	81

Ingredients: Ionic magnesium citrate (created from a highly absorbable proprietary blend of citric acid and magnesium carbonate), organic raspberry and lemon flavors, and organic stevia.

GLUTEN-FREE • VEGAN • VERIFIED NON-GMO

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

Natural CALM. 8 oz
Orange Flavor

Supplement Facts

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

Amount per Serving	% Daily Value
Magnesium 325 mg	81

Ingredients: Ionic magnesium citrate (created from a highly absorbable proprietary blend of citric acid and magnesium carbonate), organic orange flavor, and organic stevia.

GLUTEN-FREE • VEGAN • VERIFIED NON-GMO

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

Natural CALM. 8 oz
Lemon Flavor

Supplement Facts

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

Amount per Serving	% Daily Value
Magnesium 325 mg	81

Ingredients: Ionic magnesium citrate (created from a highly absorbable proprietary blend of citric acid and magnesium carbonate), organic lemon flavor, and organic stevia.

GLUTEN-FREE • VEGAN • VERIFIED NON-GMO

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

Natural CALM. 8 oz
Cherry Flavor

Supplement Facts

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

Amount per Serving	% Daily Value
Magnesium 325 mg	81

Ingredients: Ionic magnesium citrate (created from a highly absorbable proprietary blend of citric acid and magnesium carbonate), organic cherry flavor, and organic stevia.

GLUTEN-FREE • VEGAN • VERIFIED NON-GMO

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

Natural Calm uses a proprietary blend of iodized magnesium citrate to ensure maximum absorption and restore your body's magnesium level.

As we previously touched on, magnesium citrate is one of the most bioavailable forms of magnesium due to its increased water solubility.[1,2] Due to this improved solubility, the absorption rate is about 35-40% for magnesium citrate as compared to 4-5% for magnesium oxide.[3]

Each serving of Natural Calm provides 350mg of magnesium citrate that will help maintain the crucial calcium-magnesium balance and lower your stress levels as well.

Perfect Dosing thanks to Powder

However, because it's a *powder*, you can dose it extremely carefully. Some people may need just half a serving to get to sleep, helping to save you money and tweak your dose.



Powdered magnesium products like Natural Calm are also incredible for slowly upping the dose in order to find the perfect spot. Dieters (especially keto dieters) use the “wet stool test” to slowly dose more and more magnesium until their stools are a bit wet, but not *too* wet, if you know what we mean!

You can't do such a gradual dose-to-perfection strategy with pills – sometimes one capsule isn't enough, but two is way too much! With Natural Calm powder, you can stop the side effects of *too* much magnesium (ie, diarrhea) right in its tracks by knowing exactly what you need for your body to function optimally.

Flavors Available

Rather than give you another pill to choke down, Natural Vitality offers five different flavor options for Natural Calm:

- **Unflavored**
- **Raspberry Lemon**
- **Orange**
- **Lemon**
- **Cherry**

Takeaway

Natural Calm offers a highly bioavailable form of magnesium that can be just what you need if you aren't getting enough magnesium through your diet or your multivitamin uses a lesser quality type of magnesium. User feedback on the product has been outstanding, with many reporting improved sleep, increased vitality, and lower stress and anxiety. Grab a bottle for yourself today and let us know how it works for you!

Natural Vitality Natural Calm – Deals and Price Drop Alerts

Get Price Alerts

Get Natural Calm Price Alerts Get Natural Vitality alerts Get Magnesium Citrate price drops

Also get hot deal alerts

No spam, no scams.

Disclosure: PricePLOW relies on pricing from stores with which we have a business relationship. We work hard to keep pricing current, but you may find a better offer.

Posts are sponsored in part by the retailers and/or brands listed on this page.

References

1. Lindberg JS, et al; Magnesium bioavailability from magnesium citrate and magnesium oxide . *J Am Coll Nutr.* (1990)
2. Walker AF, et al; Mg citrate found more bioavailable than other Mg preparations in a randomised, double-blind study . *Magnes Res.* (2003)
3. Firoz M, Graber M; Bioavailability of US commercial magnesium preparations . *Magnes Res.* (2001)
4. Institute of Medicine (IOM). Food and Nutrition Board. *Dietary Reference Intakes: Calcium, Phosphorus, Magnesium, Vitamin D and Fluoride.* Washington, DC: National Academy Press, 1997.
5. Rude RK. Magnesium. In: Coates PM, Betz JM, Blackman MR, Cragg GM, Levine M, Moss J, White JD, eds. *Encyclopedia of Dietary Supplements.* 2nd ed. New York, NY: Informa Healthcare; 2010:527-37.
6. Rude RK. Magnesium. In: Ross AC, Caballero B, Cousins RJ, Tucker KL, Ziegler TR, eds. *Modern Nutrition in Health and Disease.* 11th ed. Baltimore, Mass: Lippincott Williams & Wilkins; 2012:159-75.
7. <https://pubmed.ncbi.nlm.nih.gov/10893434>
8. <https://pubmed.ncbi.nlm.nih.gov/7286246>