

Do not accept if seal is broken. Product No. 2474

Store between 59°-86° F. Keep out of the reach of children.

Silica and magnesium help support healthy bone and connective tissue.**

**** This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.**

Target-Mins™ are complexed with specific free-form amino acids and other carriers for optimum mineral transport.

† Country Life always labels minerals in elemental weight.

This product has been manufactured at an NSF GMP Registered facility.

Lot No:

Best by:



MINERALS

Target-Mins™

MAGNESIUM CAPS

300 mg

Gluten-Free

Dietary Supplement

60 Vegetarian Capsules

Directions: Adults take two (2) capsules daily. Do not exceed recommended dose. For best utilization, take with food. As a reminder, discuss the supplements and medications that you take with your health care providers.

Supplement Facts

Serving Size 2 capsules

Servings Per Container 30

Amount Per Serving	% Daily Value
Magnesium (as magnesium oxide, aspartate, citrate, <i>alpha</i> -ketoglutarate, taurinate)†	600 mg 150%
Horsetail Extract (leaf/stem) (7% silica equal to 6 mg)	86 mg *

* Daily Value not established.

Other Ingredients: Cellulose (capsule shell), cellulose, stearic acid, silica, magnesium stearate.

WARNING: If you are pregnant or nursing, taking medication or planning a surgery, consult your doctor before using this product. If any adverse reactions occur, stop taking the product and consult your doctor. **NO:** Yeast, corn, wheat, soy, gluten, milk, salt, sugar, preservatives or artificial color.

Manufactured by Country Life, LLC

180 Vanderbilt Motor Parkway, Hauppauge, NY 11788

CountryLifeVitamins.com

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