

Do not accept if seal is broken. Product No. 2496
Store between 59°-86° F. Keep out of the reach of children.

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

Adequate calcium and vitamin D throughout life, as part of a well-balanced diet, may reduce the risk of osteoporosis.

† Country Life always labels minerals in elemental weight.

**** 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.**

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:** Wheat, soy, gluten, milk, salt, sugar, preservatives or artificial color.

Lot No:

Best by:

02K12L



MINERALS

TARGET-MINS™

NERVE & OSTEO SUPPORT**

Magnesium and calcium
with related nutrients

Gluten-Free
Dietary Supplement
Tablets

Directions: Adults take three (3) tablets daily. For best utilization, take with food. Do not exceed recommended dose. As a reminder, discuss the supplements and medications that you take with your health care providers.

Supplement Facts

Serving Size 3 tablets

Servings Per Container 30

Amount Per Serving		% Daily Value
Vitamin D (as ergocalciferol)	100 I.U.	25%
Calcium (as calcium hydroxyapatite, citrate, aspartate, lysinate, alpha-ketoglutarate)†	600 mg	60%
Phosphorus (as calcium hydroxyapatite)†	285 mg	29%
Iodine (as kelp)	230 mcg	153%
Magnesium (as magnesium oxide, aspartate, citrate, taurinate, alpha-ketoglutarate)†	500 mg	125%
Betaine (from 100 mg of betaine hydrochloride)	76 mg	*
Kelp	50 mg	*
Horsetail Extract (2:1) (leaf/stem)	25 mg	*

* Daily Value not established.

Other Ingredients: Cellulose, stearic acid, cellulose & glycerin coating, magnesium stearate, silica, vanilla, maltodextrin, vegetable glaze.

Manufactured by Country Life, LLC

180 Vanderbilt Motor Parkway
Hauppauge, NY 11788 (USA)
CountryLifeVitamins.com



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