

Lot No:

Best by:



Directions: Adults, take two (2) 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 2 tablets
Servings Per Container 30

Amount Per Serving	% Daily Value
Niacin (as chromium polynicotinate)	0.5 mg 2%
Calcium (as calcium hydroxyapatite, (tricalcium phosphate), lysinate, citrate, alpha-ketoglutarate, aspartate)†	1,000 mg(1g) 100%
Iron (as ferrous aspartate, histidine, alpha-ketoglutarate)†	18 mg 100%
Phosphorus (as calcium hydroxyapatite)†	500 mg 50%
Iodine (as kelp)†	225 mcg 150%
Magnesium (as magnesium oxide, taurinate, citrate, alpha-ketoglutarate, aspartate)†	500 mg 125%
Zinc (as zinc citrate, histidine, alpha-ketoglutarate, picolinate)†	15 mg 100%
Selenium (as selenium rice chelate)†	50 mcg 71%
Copper (as copper citrate, lysinate)†	1 mg 50%
Manganese (as manganese citrate, histidine, alpha-ketoglutarate, picolinate)†	10 mg 500%
Chromium (as chromium polynicotinate, chromium picolinate)†	100 mcg 83%
Molybdenum (as molybdenum amino acid chelate)†	50 mcg 67%
Potassium (as potassium citrate, alpha-ketoglutarate, aspartate)†	99 mg 3%
L-Glutamic Acid (from 100 mg L-glutamic acid hydrochloride)	81 mg *
MSM (methylsulfonylmethane)	23.6 mg *
Horsetail Extract (leaf)(7% silica equal to 1.4 mg)	20 mg *
Silica (as silica, horsetail extract, calcium silicate) †	20 mg *
Sulfur (from methylsulfonylmethane)(OptiMSM®)	8 mg *
Boron (as boron rice chelate)†	2 mg *

* Daily Value not established.

Other Ingredients: Cellulose, stearic acid, cellulose & glycerin coating, citric acid, vegetable glaze.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. **KEEP THIS PRODUCT OUT OF THE REACH OF CHILDREN.** In case of accidental overdose, call a Poison Control Center immediately.

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



Manufactured by Country Life, LLC
180 Vanderbilt Motor Parkway, Hauppauge, NY 11788
CountryLifeVitamins.com

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Country Life®

Multi-mineral complex with Boron
Gluten-Free
Dietary Supplement
60 Tablets

TARGET-MINS™
**TOTAL
MINS**

MINERALS

Do not accept if seal is broken. Product No. 2510. Store between 59°-86° F. 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. ChromeMate® brand niacin-bound chromium. ChromeMate® is a registered trademark of InterHealth N.I. Chromax® chromium picolinate and the Chromax logo are registered trademarks of Nutrition 21, Inc. OptiMSM is a registered trademark of Cardinal Nutrition. OptiMSM is sold under license to worldwide R.J. Herschler MSM use patents. **WARNING:** If you are pregnant, nursing, diabetic, hypoglycemic, 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, wheat, soy, gluten, milk, preservatives or artificial color. 01L11L