

Directions: Adults take five (5) capsules daily. 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 5 capsules
Servings Per Container 30

Amount Per Serving	% Daily Value
Vitamin D (as ergocalciferol)	400 IU 100%
Niacin (as chromium polynicotinate)	0.5 mg 2%
Calcium (as calcium hydroxyapatite, citrate, alpha-ketoglutarate, aspartate, lysinate)†	1,000 mg (1 g) 100%
Phosphorus (as calcium hydroxyapatite)†	500 mg 50%
Iodine (as kelp)	150 mcg 100%
Magnesium (as magnesium oxide, aspartate, alpha-ketoglutarate, citrate, taurinate)†	500 mg 125%
Zinc (as zinc citrate, picolinate, monomethionine)†	15 mg 100%
Selenium (as selenium rice chelate, L-selenomethionine)†	100 mcg 143%
Copper (as copper citrate)†	1 mg 50%
Manganese (as manganese citrate)†	1 mg 50%
Chromium (as chromium polynicotinate, picolinate)†	120 mcg 100%
Molybdenum (as molybdenum amino acid chelate)†	50 mcg 67%
Potassium (as potassium rice chelate, citrate, alpha-ketoglutarate, aspartate)†	99 mg 3%
L-Glutamic Acid (from 100 mg L-glutamic acid hydrochloride)	81 mg *
Silica (as silica, calcium silicate, horsetail extract 4:1)†	20 mg *
Horsetail Extract 4:1 (leaf)	20 mg *
Boron (as boron citrate)†	2 mg *

*Daily Value not established.

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

Manufactured by Country Life, LLC
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Hauppauge, NY 11788
CountryLifeVitamins.com

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MINERALS

TARGET-MINS™

TOTAL MINS IRON-FREE

Multi-mineral complex with
Boron and Vitamin D

Gluten-Free
Dietary Supplement

150 Vegetarian Capsules

Lot No:

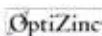
Do not accept if seal is broken. Product No. 2517
Store between 59°-86° F. Keep out of the reach of children.

WARNING: If you are pregnant or 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:** Wheat, soy, gluten, milk, preservatives or artificial color.

† Country Life always labels minerals in elemental weight.

Target-Mins™ are complexed with specific free form amino acids and other carriers for optimum mineral transport. ChromeMate® brand niacin-bound chromium, ChromeMate® is a registered trademark of InterHealth N.I. OptiZinc® brand zinc monomethionine. OptiZinc® is a registered trademark of InterHealth N.I. Chromax® chromium picolinate and the Chromax logo are registered trademarks of Nutrition 21, Inc. This product has been manufactured at an NSF GMP Registered facility.

Best by:



Country Life®