

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

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

Silica combines synergistically with magnesium to help maintain 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. Vegan

† Country Life always labels minerals in elemental weight.

Lot No:

Best by:



## MINERALS

# Target-Mins™ MAGNESIUM CAPS

300 mg

60 Vegetarian Capsules

Dietary Supplement



Directions: Adults take one (1) to two (2) capsules daily. For best utilization, take with food.

## Supplement Facts

Serving Size 2 capsules Servings Per Container 30

Amount Per Serving % Daily Value

Magnesium (as magnesium oxide, aspartate, citrate, alpha-ketoglutarate, taurinate)† 600 mg 150%

Horsetail Extract (leaf/stem) 86 mg \*  
(7% silica equal to 6 mg)

\* Daily Value not established.

Other Ingredients: Cellulose (capsule shell), cellulose, stearic acid, silica, magnesium stearate. **NO:** Yeast, wheat, soy, gluten, milk, salt, sugar, starch, preservatives or artificial color.



American Vegetarian Association



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