

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	% Daily Value
Amount Per Serving		
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. NO: Yeast, wheat, soy, gluten, milk, salt, sugar, starch, preservatives or artificial color.



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