

02U18NL

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 60

Amount Per Serving	% Daily Value
Calcium (as calcium hydroxyapatite, citrate, alpha-ketoglutarate, aspartate, lysinate)†	1,000 mg 100%
Iron (as ferrous aspartate, histidine, alpha-ketoglutarate)†	18 mg 100%
Phosphorus (as calcium hydroxyapatite)†	500 mg 50%
Botine (as potassium iodide)†	225 mcg 150%
Magnesium (as magnesium oxide, citrate, alpha-ketoglutarate, taurinate, aspartate)†	500 mg 125%
Zinc (as zinc citrate, histidine, alpha-ketoglutarate, picolinate)†	15 mg 100%
Selenium (as selenium rice chelate [rice protein based])†	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 picolinate)†	100 mcg 83%
Molybdenum (as molybdenum amino acid chelate [rice flour based])†	50 mcg 67%
Potassium (as potassium citrate, alpha-ketoglutarate, aspartate, iodide)†	99 mg 3%
L-Glutamic Acid (from 100 mg L-glutamic acid hydrochloride)	80 mg *
MGM (methylsulfonylmethane) OptiMSM®	23.6 mg *
Proprietary Blend	65 mg *
Silica †	
Horsehair Extract (stem)	
Calcium Silicate	
Boron (as boron citrate)†	2 mg *

\* Daily value not established.

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

† Country Life always labels minerals in elemental weight.

**CAUTION:** If you are pregnant, nursing, diabetic, hypoglycemic, or taking medication, have a medical condition or planning surgery, consult a doctor before using this product. Stop using and consult a doctor if any adverse reactions occur.

**Do not accept if seal is broken. Store in a dry place between 59°-86° F. Keep out of the reach of children.**

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Manufactured by Country Life, LLC  
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Hauppauge, NY 11788 (USA)  
CountryLifeVitamins.com  
Product No. 2511

chromax™  
OptiMSM®

# Country Life

ESTABLISHED 1971

## • TARGET-MINS® •

# TOTAL MINS

Certified Gluten-Free

- ▶ Full spectrum multi-mineral complex with Boron
- ▶ Supports bone health\*\*
- ▶ Promotes nerve and muscle health\*\*

A complete multi-mineral complex that contains 11 essential minerals in two convenient tablets. Take alone or as a complement to your supplement regimen. Adequate calcium as part of a healthful diet, along with exercise, may reduce the risk of osteoporosis later in life.

**\*\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.**

**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.

**YES** CERTIFIED GLUTEN-FREE BY GFCO.ORG  
**YES** CERTIFIED VEGAN BY THE AVA  
**YES** RECYCLABLE PACKAGING  
**YES** MANUFACTURING SUPPORTS WIND POWER  
**YES** KOSHER  
**NO** YEAST, WHEAT OR SOY  
**NO** MILK, SUGAR OR PRESERVATIVES  
**NO** ARTIFICIAL COLORS, FLAVORS OR SWEETENERS  
**NO** MAGNESIUM STEARATE  
 This product has been manufactured at a GMP Registered facility.

Certified



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Dietary Supplement

120 Tablets

— Our PLEDGE of INTEGRITY —  
AUTHENTICITY • CLEANLINESS • FRESHNESS  
CONSISTENCY • ACCURACY