

Target-Mins® are made with specific free-form amino acids and uses a calcium: phosphorus and calcium: magnesium ratio of 2:1 to support calcium utilization.* Supports body availability of calcium.* Adequate calcium and Vitamin D 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.

- YES NON-GMO VERIFIED BY TRUE NORTH

YES CERTIFIED GLUTEN-FREE BY GFCD.ORG

YES CERTIFIED VEGAN BY THE AVA

YES RECYCLABLE PACKAGING

YES MANUFACTURING SUPPORTS WIND POWER

YES KOSHER
- NO WHEAT

NO SOY OR MILK

NO SALT OR SUGAR

NO PRESERVATIVES

NO ARTIFICIAL COLORS, FLAVORS OR SWEETENERS

NO MAGNESIUM STEARATE

This product has been manufactured at a GMP Registered facility.
Δ Per serving
Lot No:

Best by:



• TARGET-MINS® •

CALCIUM MAGNESIUM

with Vitamin D Complex

1000 mg : 500 mg : 10 mcg (400 I.U.) Vitamin D^Δ

Certified Gluten-Free

► Formulated to maximize calcium absorption*



Dietary Supplement | 360 Vegan Capsules | — Our PLEDGE of INTEGRITY —
AUTHENTICITY • CLEANLINESS • FRESHNESS
CONSISTENCY • ACCURACY

Directions: Adults take four (4) capsules 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 4 capsules		
Servings Per Container 90		
Amount Per Serving	% Daily Value	
Vitamin D (as ergocalciferol)	10 mcg (400 I.U.)	50%
Calcium (as calcium hydroxyapatite, calcium citrate, calcium aspartate, calcium <i>alpha</i> -ketoglutarate, calcium lysinate)†	1,000 mg	77%
Phosphorus (as calcium hydroxyapatite)†	500 mg	40%
Magnesium (as magnesium oxide, magnesium aspartate, magnesium citrate, magnesium taurinate, magnesium <i>alpha</i> -ketoglutarate)†	500 mg	119%

Other Ingredients: Cellulose (capsule shell), cellulose, rice bran extract, vegetable glaze, sunflower oil, silica.

† Country Life always labels minerals in elemental weight.

CAUTION: If you are pregnant, nursing, 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.

Manufactured by Country Life, LLC
180 Vanderbilt Motor Parkway, Hauppauge, NY 11788 (USA)
CountryLifeVitamins.com
Product No. 2479