

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	NO WHEAT
YES CERTIFIED GLUTEN-FREE BY GFCO.ORG	NO SOY OR MILK
YES CERTIFIED VEGAN BY THE AVA	NO SALT OR SUGAR
YES RECYCLABLE PACKAGING	NO PRESERVATIVES
YES MANUFACTURING SUPPORTS WIND POWER	NO ARTIFICIAL COLORS, FLAVORS OR SWEETENERS
YES KOSHER	NO MAGNESIUM STEARATE

This product has been manufactured at a GMP Registered facility.

Δ Per serving

Lot No:

Best by:



Dietary Supplement **120** Vegan Capsules

ESTABLISHED
— 1971 —
Country Life®

• 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*



— 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 30

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
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CountryLifeVitamins.com
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