

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 GFCO.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:



Dietary Supplement | **240** Vegan Capsules

• 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*



ESTABLISHED
— 1971 —
Country Life

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 60

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. 2488

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