

Target-Mins® are made with specific free-form amino acids for optimal mineral delivery.** Magnesium helps maintain normal muscle and nerve function, and in conjunction with Calcium, keep bones strong.**

Adequate calcium and Vitamin D throughout life, as part of a well-balanced diet, may reduce the risk of osteoporosis.

** 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 CERTIFIED GLUTEN-FREE BY GFCO.ORG
YES CERTIFIED VEGAN BY THE AVA
YES RECYCLABLE PACKAGING
YES MANUFACTURING SUPPORTS WIND POWER
YES KOSHER

NO WHEAT, SOY OR MILK
NO SALT, SUGAR OR PRESERVATIVES
NO ARTIFICIAL COLORS,
FLAVORS OR SWEETENERS

This product has been manufactured at a GMP Registered facility.

Lot No:

Best by:



Dietary Supplement **180** Tablets

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

ESTABLISHED
— 1971 —
**Country®
Life**

• TARGET-MINS® •

NERVE & OSTEO SUPPORT**

Magnesium and calcium
with related nutrients

Certified Gluten-Free

- Helps maintain normal nerve function**
- Essential for proper calcium utilization**

Directions: Adults take three (3) 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 3 tablets
Servings Per Container 60

Amount Per Serving	% Daily Value	
Vitamin D (as ergocalciferol)	2.5 mcg (100 I.U.)	13%
Calcium (as calcium hydroxyapatite, calcium citrate, calcium aspartate, calcium lysinate, calcium <i>alpha</i> -ketoglutarate)†	600 mg	46%
Phosphorus (as calcium hydroxyapatite)†	285 mg	23%
Iodine (as potassium iodide)†	230 mcg	153%
Magnesium (as magnesium oxide, magnesium aspartate, magnesium citrate, magnesium taurinate, magnesium <i>alpha</i> -ketoglutarate)†	500 mg	119%
Betaine hydrochloride	100 mg	*
Proprietary Blend providing: Silica† Horsetail Extract (stem)	65 mg	*
* Daily Value not established.		

Other Ingredients: Cellulose, stearic acid, magnesium stearate, cellulose & glycerin coating, maltodextrin, natural vanilla flavor, vegetable glaze.

† 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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