

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:



04721



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 <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  
180 Vanderbilt Motor Parkway, Hauppauge, NY 11788 (USA)  
CountryLifeVitamins.com  
Product No. 2497