

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.* Adequate calcium 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 CERTIFIED GLUTEN-FREE BY GFCO.ORG

YES CERTIFIED VEGAN BY THE AVA

YES RECYCLABLE PACKAGING

YES MANUFACTURING SUPPORTS
WIND POWER

YES KOSHER

NO YEAST OR WHEAT

NO SOY, MILK 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 **90** Vegan Capsules

ESTABLISHED
— 1971 —

Country®
Life

• TARGET-MINS® •
**CALCIUM
MAGNESIUM
CAPS**

500 mg: 250 mg Δ

Certified Gluten-Free

- Formulated to maximize calcium utilization*
- Supports body availability of calcium*

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

Directions: Adults take three (3) capsules twice 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 capsules

Servings Per Container 30

Amount Per Serving		% Daily Value
Calcium (as calcium hydroxyapatite, calcium citrate, calcium aspartate) †	500 mg	38%
Phosphorus (as calcium hydroxyapatite)†	250 mg	20%
Magnesium (as magnesium oxide, magnesium citrate, magnesium aspartate, magnesium taurinate)†	250 mg	60%

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

† 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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