

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

NO YEAST OR WHEAT
NO SOY OR MILK
NO SALT OR PRESERVATIVES
NO ARTIFICIAL COLORS,
FLAVORS OR SWEETENERS
NO MAGNESIUM STEARATE

ΔPer serving
This product has been manufactured at a GMP Registered facility.

Lot No.

20F911A

08/23

Best by:



Dietary Supplement 90 Tablets

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

ESTABLISHED
— 1971 —

Country®
Life

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

THIN tabs

with Vitamin D₃
1,000 mg: 500 mg: 10 mcg (400 I.U. D₃)Δ

Certified Gluten-Free

- Formulated to maximize calcium absorption*
- Only 2 tablets per day

Directions: Adults take two (2) tablets daily 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 2 tablets

Servings Per Container 45

Amount Per Serving		% Daily Value
Vitamin D (D ₃) (as cholecalciferol)	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 (from calcium hydroxyapatite)†	500 mg	40%
Magnesium (as magnesium oxide, magnesium citrate, magnesium aspartate, magnesium taurinate, magnesium <i>alpha</i> -ketoglutarate)†	500 mg	119%

Other Ingredients: Cellulose, stearic acid, cellulose & glycerin coating, silica, 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. 2971