

Magnesium is needed for more than 300 biochemical reactions in the body.** It helps to relax muscles and to maintain an already normal blood flow.** It can also support a steady heart rhythm and a healthy immune system, as well as keep bones strong.**

** 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, CORN OR WHEAT
NO SOY, MILK OR SALT
NO SUGAR OR PRESERVATIVES
NO ARTIFICIAL COLORS, FLAVORS OR SWEETENERS
NO MAGNESIUM STEARATE

This product has been manufactured at a GMP Registered facility.

Lot No:

20F891A

06/23

Best by:



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Dietary Supplement **120** Vegan Capsules

ESTABLISHED
— 1971 —

Country[®]
Life

• TARGET-MINS[®] •
**MAGNESIUM
CAPS**

with Silica

300 mg

Certified Gluten-Free

- Helps relax muscles**
- Supports a healthy immune system**
- Essential for proper calcium utilization**

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

Directions: Adults take one (1) capsule once or twice daily. Do not exceed recommended dose. For best utilization, take with food. As a reminder, discuss the supplements and medications that you take with your health care providers.

Supplement Facts

Serving Size 1 capsule

Amount Per Serving		% Daily Value
Magnesium (as magnesium oxide, magnesium aspartate, magnesium taurinate, magnesium citrate, magnesium <i>alpha</i> -ketoglutarate)†	300 mg	71%
Silica (from 43 mg horsetail extract, silica)	6 mg	*

*Daily value not established

Other Ingredients: Cellulose (capsule shell), cellulose, L-leucine, 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
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CountryLifeVitamins.com
Product No. 2475