

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.* Zinc also supports immune health.*

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 VEGAN BY THE AVA
YES RECYCLABLE PACKAGING
YES MANUFACTURING SUPPORTS WIND POWER
YES KOSHER

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

This product has been manufactured at a GMP Registered facility.

Lot No: **23A671A**
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Best by: **01/26**



ESTABLISHED
— 1971 —

Country
Life

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

with Vitamin D
1,000 mg : 500 mg : 25 mg per serving

Certified Gluten-Free

► Supports bone and
immune health*

Dietary
Supplement **90** Tablets

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

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 30

Amount Per Serving		% Daily Value
Vitamin D (as ergocalciferol)	5 mcg (200 I.U.)	25%
Calcium (as calcium hydroxyapatite, calcium citrate, calcium aspartate)†	1,000 mg	77%
Phosphorus (as calcium hydroxyapatite)†	500 mg	40%
Magnesium (as magnesium oxide, magnesium aspartate, magnesium citrate, magnesium taurinate)†	500 mg	119%
Zinc (as zinc citrate, zinc picolinate, zinc bisglycinate, zinc aspartate)†	25 mg	227%

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. 2490