

Target-Mins® are made with specific free-form amino acids for optimal mineral delivery.* Magnesium 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.* Potassium may also support cardiovascular health.*

* 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	NO YEAST, WHEAT OR CORN
YES CERTIFIED VEGAN BY THE AVA	NO SOY OR MILK
YES RECYCLABLE PACKAGING	NO SALT OR SUGAR
YES MANUFACTURING SUPPORTS WIND POWER	NO PRESERVATIVES
YES KOSHER	NO ARTIFICIAL COLORS, FLAVORS OR SWEETENERS
	NO MAGNESIUM STEARATE

This product has been manufactured at a GMP Registered facility.

Lot No:

20K789E

10/23

Best by:



ESTABLISHED
— 1971 —
**Country®
Life**

• TARGET-MINS® •
**MAGNESIUM
POTASSIUM
ASPARTATE**

with other Target-Mins® Chelates

Certified Gluten-Free

- May support cardiovascular health*
- Helps relax muscles*
- Supports bone health*

Dietary
Supplement

180 Tablets

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

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 90

Amount Per Serving	% Daily Value	
Magnesium (as magnesium oxide, magnesium aspartate, magnesium citrate, magnesium taurinate, magnesium <i>alpha</i> -ketoglutarate)†	600 mg	143%
Potassium (as potassium citrate, potassium aspartate, potassium <i>alpha</i> -ketoglutarate)†	198 mg	4%

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
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CountryLifeVitamins.com
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