

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

This product has been manufactured at a GMP Registered facility.

Δ Per serving

Lot No:

Best by:



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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*

Dietary Supplement | **180 Vegan Capsules**

— *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 60

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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