

A complete calcium, Vitamin D + multi-mineral complex that contains 11 essential minerals. Take alone or as a complement to your supplement regimen.

Adequate calcium and Vitamin D as part of a healthful diet, along with exercise, may reduce the risk of osteoporosis later in life.

**** This statement has 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

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This product has been manufactured at a GMP Registered facility.

Do not accept if seal is broken. Store in a dry place between 59°-86° F. Keep out of the reach of children.

Lot No:

Best by:



chromax®



Dietary Supplement **150** Vegan Capsules

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

ESTABLISHED
— 1971 —
**Country
Life**

• TARGET-MINS® •

TOTAL MINS IRON-FREE

with Boron and Vitamin D
Certified Gluten-Free

- Full spectrum multi-mineral complex
- Supports bone health**

Directions: Adults take five (5) capsules 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 5 capsules

Servings Per Container 30

Amount Per Serving	% Daily Value
Vitamin D (as ergocalciferol)	10 mcg (400 I.U.) 50%
Calcium (as calcium hydroxyapatite, citrate, alpha-ketoglutarate, aspartate, lysinate)†	1,000 mg 77%
Phosphorus (as calcium hydroxyapatite)†	500 mg 40%
Iodine (as potassium iodide)†	150 mcg 100%
Magnesium (as magnesium oxide, aspartate, alpha-ketoglutarate, citrate, taurinate)†	500 mg 119%
Zinc (as zinc citrate, picolinate, monomethionine)†	15 mg 136%
Selenium (as selenium rice chelate [rice protein based], L-selenomethionine)†	100 mcg 182%
Copper (as copper citrate) †	1 mg 111%
Manganese (as manganese citrate)†	1 mg 43%
Chromium (as chromium picolinate)†	120 mcg 343%
Molybdenum (as molybdenum amino acid chelate [rice flour based])†	50 mcg 111%
Potassium (as potassium rice chelate [rice protein based], citrate, alpha-ketoglutarate, aspartate, iodide)†	99 mg 2%
L-Glutamic Acid (from 100 mg L-glutamic acid hydrochloride)	81 mg *
Proprietary Blend	84 mg *
Silica	
Horsetail extract (stem)	
Calcium Silicate†	
Boron (as boron citrate)†	2 mg *

*Daily Value not established.

Other Ingredients: Cellulose (capsule shell), stearic acid, cellulose, magnesium stearate. † 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.

Manufactured by Country Life, LLC
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