

**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

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:



• 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\*

**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 60

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, hypromellose & glycerin coating, vegetable magnesium stearate, 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.

Dietary Supplement **180** Tablets

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

Manufactured by Country Life, LLC  
180 Vanderbilt Motor Parkway, Hauppauge, NY 11788 (USA)  
CountryLifeVitamins.com  
Product No. 2491

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