

Magnesium is needed for more than 300 biochemical reactions in the body.** It 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.**

**** 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 SALT
YES	RECYCLABLE PACKAGING	NO	SUGAR OR PRESERVATIVES
YES	MANUFACTURING SUPPORTS WIND POWER	NO	ARTIFICIAL COLORS OR FLAVORS
YES	KOSHER	NO	ARTIFICIAL SWEETENERS

Lot No:

This product has been manufactured at a GMP Registered facility.

Best by:



• TARGET-MINS® •

MAGNESIUM

with Silica

300 mg

Certified Gluten-Free

- Helps relax muscles**
- Supports a healthy immune system**
- Essential for proper calcium utilization**

Dietary Supplement **60** Vegan Capsules

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

Directions: Adults take one (1) capsule once or twice daily. Do not exceed recommended dose. For best utilization, take with food. As a reminder, discuss the supplements and medications that you take with your health care providers.

Supplement Facts

Serving Size 1 capsule		
Amount Per Serving	% Daily Value	
Magnesium (as magnesium oxide, magnesium aspartate, magnesium taurinate, magnesium citrate)†	300 mg	71%
Silica (from 43 mg horsetail extract, silica)	6 mg	*

Other Ingredients: Hypromellose (capsule shell), cellulose, stearic acid, vegetable magnesium stearate.

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.

† Country Life always labels minerals in elemental weight.

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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