

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.

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| 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, FLAVORS OR SWEETENERS |
| YES KOSHER | |

This product has been manufactured at a GMP Registered facility.

Lot No:

Best by:



Dietary Supplement **120** Vegan Capsules

ESTABLISHED
— 1971 —

Country Life

• TARGET-MINS® •

MAGNESIUM

with Silica

300 mg

Certified Gluten-Free

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

— 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	*

*Daily value not established

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

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
180 Vanderbilt Motor Parkway, Hauppauge, NY 11788 (USA)
CountryLifeVitamins.com
Product No. 2475