

Target-Mins® are made with specific free-form amino acids for optimal mineral delivery.* Magnesium 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.* Potassium may also support cardiovascular health.*

* 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, WHEAT OR MILK |
| YES CERTIFIED VEGAN BY THE AVA | NO SOY, SALT OR SUGAR |
| YES RECYCLABLE PACKAGING | NO 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

90 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. 2494

ESTABLISHED
— 1971 —
Country
Life

• TARGET-MINS® •
**MAGNESIUM
POTASSIUM
ASPARTATE**

with other Target-Mins® Chelates
Certified Gluten-Free

- ▶ May support cardiovascular health*
- ▶ Helps relax muscles*
- ▶ Supports bone health*

Directions: Adults take two (2) tablets daily 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 2 tablets
Servings Per Container 45

Amount Per Serving		% Daily Value
Magnesium (as magnesium oxide, magnesium aspartate, magnesium citrate, magnesium taurinate)†	600 mg	143%
Potassium (as potassium citrate, potassium aspartate, potassium <i>alpha</i> -ketoglutarate)†	198 mg	4%

Other Ingredients: Cellulose, stearic acid, hypromellose & glycerin coating, silica, vegetable magnesium stearate, 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.

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