

Do not accept if seal is broken. Product No. 2490
Store between 59°-86° F. Keep out of the reach of children.

Target-Mins™ are complexed with specific free-form amino acids and other carriers for optimum mineral transport.

Adequate calcium throughout life, as part of a well-balanced diet, may reduce the risk of osteoporosis.

† Country Life always labels minerals in elemental weight.

NO: Wheat, soy, gluten, milk, preservatives or artificial color.

Country Life

101 Corporate Drive
Hauppauge, NY 11788
www.countrylifevitamins.com

Lot No:

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Best by:



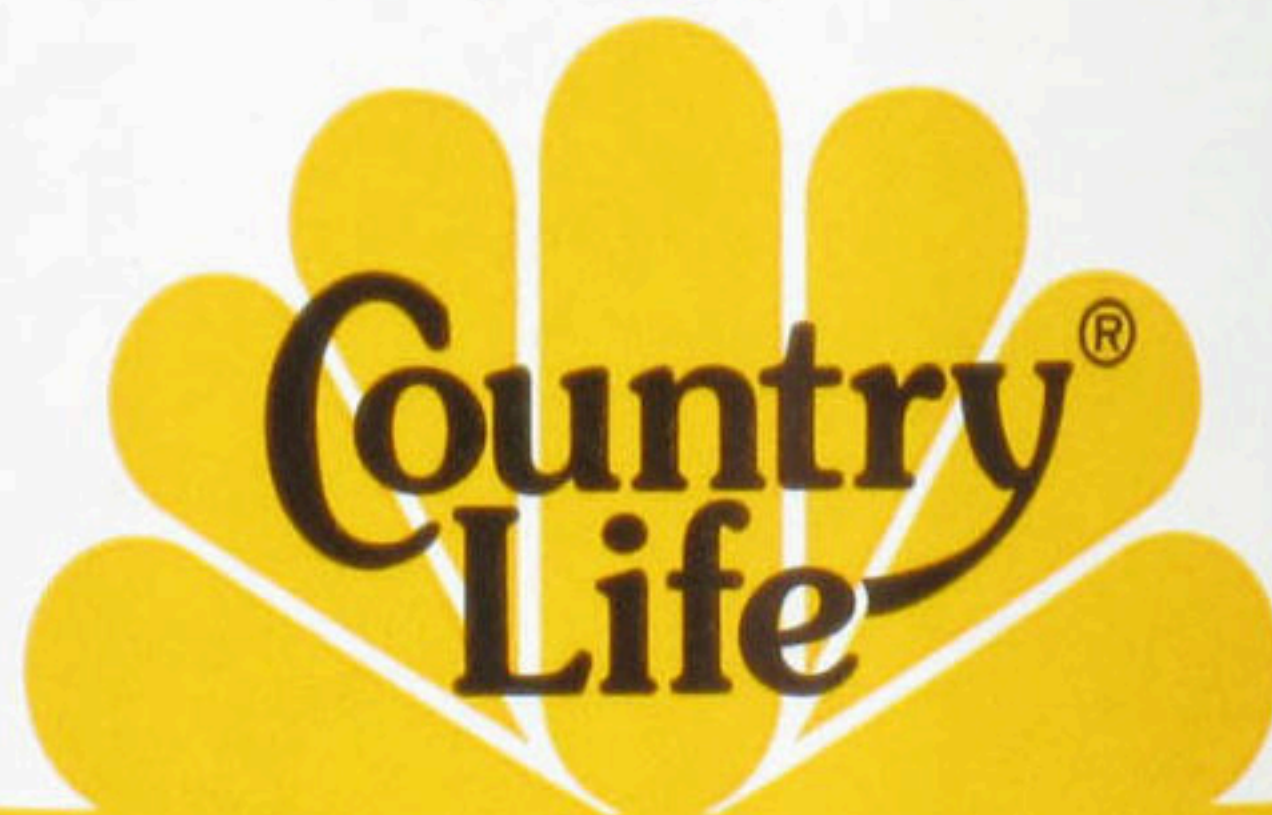
MINERALS

TARGET-MINS™

CALCIUM MAGNESIUM ZINC

90 Tablets

Dietary Supplement



Directions: Adults take three (3) tablets daily. 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 3 tablets

Servings Per Container 30

Amount Per Serving

% Daily Value

Vitamin D (as ergocalciferol)	200 I.U.	50%
Calcium (as tricalcium phosphate, citrate, aspartate, <i>alpha</i> -ketoglutarate, lysinate)†	1,000 mg (1 g)	100%
Phosphorus (as tricalcium phosphate)†	500 mg	50%
Magnesium (as magnesium aspartate, oxide, citrate, taurinate, <i>alpha</i> -ketoglutarate)†	500 mg	125%
Zinc (as zinc citrate, histidinate, picolinate, <i>alpha</i> -ketoglutarate, aspartate)†	25 mg	167%

Other Ingredients: Cellulose, stearic acid, cellulose & glycerin coating, silica, vegetable glaze.

WARNING: If you are pregnant or nursing, taking medication or planning a surgery, consult your doctor before using this product. If any adverse reactions occur, stop taking the product and consult your doctor.



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