

Do not accept if seal is broken.

Product No. 2489

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.

† Country Life always labels minerals in elemental weight.

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

06C10L



American Vegetarian Association



Lot No:

10K701A

10/13

Best by:



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MINERALS

TARGET-MINS™

CALCIUM- MAGNESIUM

Complex

1000 mg - 500 mg

(in two convenient tablets)

360 Tablets

Dietary Supplement



Country Life®

Directions: Adults take two (2) 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 2 tablets

Servings Per Container 180

Amount Per Serving	% Daily Value	
Calcium (as calcium hydroxyapatite, citrate, aspartate, <i>alpha</i> -ketoglutarate, lysinate)†	1,000 mg (1 g)	100%
Phosphorus (as calcium hydroxyapatite)†	500 mg	50%
Magnesium (as magnesium oxide, citrate, taurinate, <i>alpha</i> -ketoglutarate, aspartate)†	500 mg	125%

* Daily Value not established.

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

NO: Yeast, wheat, soy, gluten, milk, sugar, starch, preservatives or artificial color.

Country Life

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