

Do not accept if seal is broken.

Product No. 2479

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.



Country Life

101 Corporate Drive, Hauppauge, NY 11788

www.countrylifevitamins.com

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Lot No:

10J633A

Best by:

11/13



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MINERALS

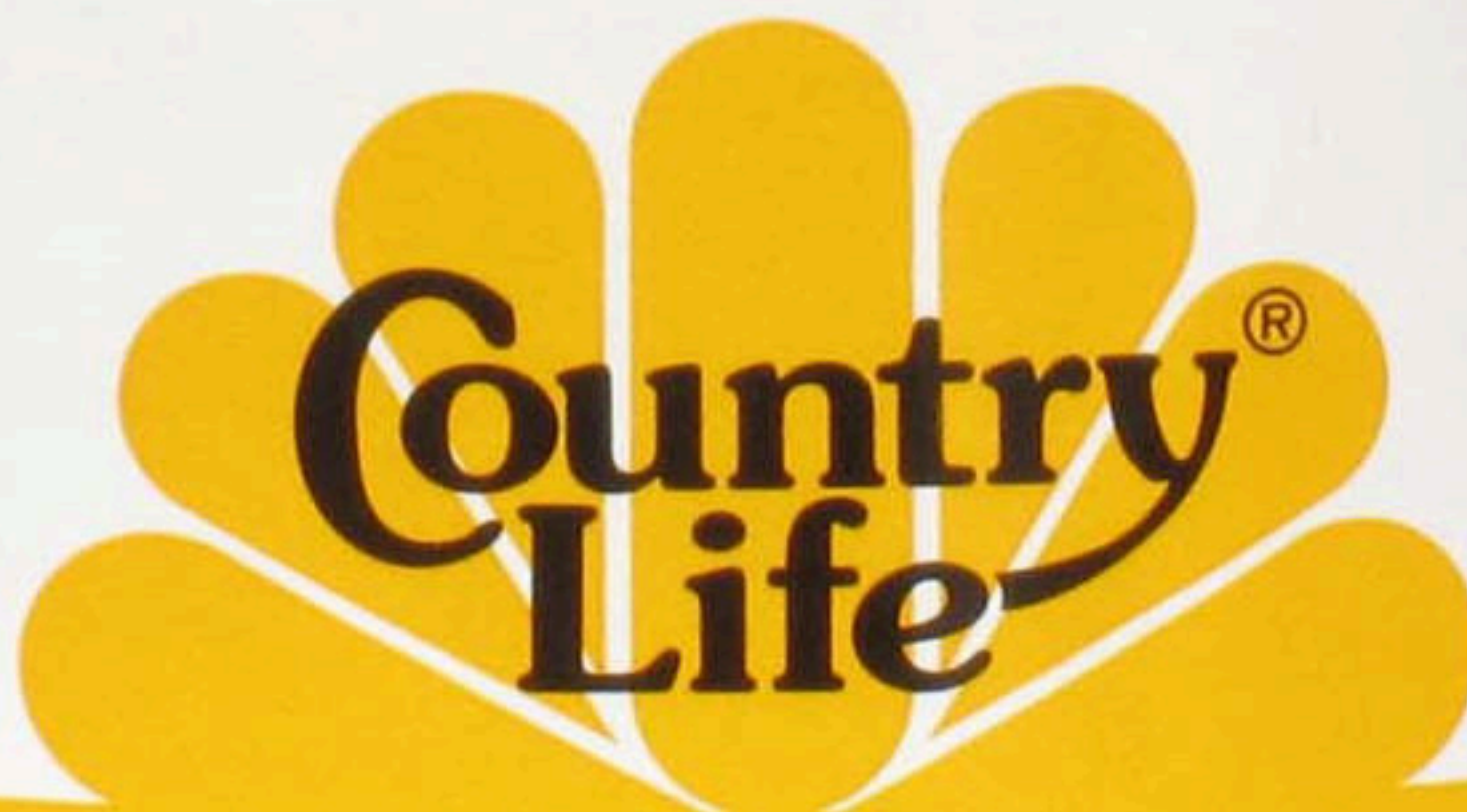
TARGET-MINS™

# CALCIUM-MAGNESIUM

with Vitamin D Complex

360 Vegetarian Capsules

Dietary Supplement



**Directions:** Adults take four (4) capsules 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 4 capsules

Servings Per Container 90

Amount Per Serving

% Daily Value

Vitamin D (as ergocalciferol)

400 I.U.

100%

Calcium (as calcium hydroxyapatite, citrate, *alpha*-ketoglutarate, aspartate, lysinate)†

1,000 mg (1 g)

100%

Phosphorus (as calcium hydroxyapatite)†

500 mg

50%

Magnesium (as magnesium oxide, aspartate, *alpha*-ketoglutarate, citrate, taurinate)†

500 mg

125%

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

**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:** Wheat, soy, gluten, milk, preservatives or artificial color.