

Do not accept if seal is broken. Product No. 2475
Store between 59°-86° F. Keep out of the reach of children.
Silica and magnesium help support healthy bone and
connective tissue.**

** This statement has not been evaluated by the Food and
Drug Administration. This product is not intended to
diagnose, treat, cure or prevent any disease.

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.

Lot No:

10L827B
12/13

Best by:



MINERALS

Target-Mins™

MAGNESIUM CAPS

300 mg

120 Vegetarian Capsules

Dietary Supplement

Country
Life®

Directions: Adults take two (2) capsules 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 2 capsules

Servings Per Container 60

Amount Per Serving

% Daily Value

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

600 mg 150%

Horsetail Extract (leaf/stem)
(7% silica equal to 6 mg)

86 mg

*

* Daily Value not established.

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

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, salt, sugar, starch, preservatives or
artificial color.

Country Life

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