

Do not accept if seal is broken. Product No. 2477
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.

† 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.



06L11L This product has been manufactured at an NSF GMP Registered facility.

Lot No: **11J543BB**

10/14

Best by:



MINERALS

TARGET-MINS™

CALCIUM- MAGNESIUM CAPS

A traditional 2:1 ratio of calcium to magnesium

Gluten-Free
Dietary Supplement
180 Vegetarian Capsules



Country Life®

Directions: Adults take three (3) capsules twice 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 3 capsules

Serving Per Container 60

Amount Per Serving		% Daily Value
Calcium (as calcium hydroxyapatite, citrate, lysinate, <i>alpha</i> -ketoglutarate, aspartate)†	500 mg	50%
Phosphorus (as calcium hydroxyapatite)†	250 mg	25%
Magnesium (as magnesium oxide, citrate, <i>alpha</i> -ketoglutarate, taurinate, aspartate)†	250 mg	63%

Other Ingredients: Cellulose (capsule shell), magnesium stearate, silica, 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:** Yeast, wheat, soy, gluten, milk, sugar, preservatives or artificial color.

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