

MINERALS

TARGET-MINS™

TOTAL MINS

Multi-mineral complex with Boron

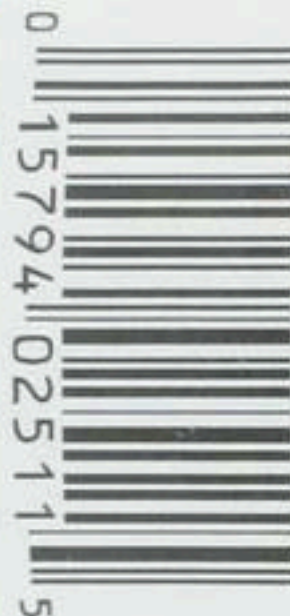
120 Tablets

Dietary Supplement

Country Life®

GF

09M10L



Best by:

10G942B
09/13

Do not accept if seal is broken.
Product No. 2511 Store between 59°-86° F
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.
Chromax® brand niacin-bound chromium.
Chromax® is a registered trademark of
InterHealth N.I.

Country Life
101 Corporate Drive, Haupauge, NY 11788
www.countrylifevitamins.com



Lot No:

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 60

Amount Per Serving	% Daily Value
Niacin (as chromium polynicotinate)	0.5 mg. 2%
Calcium (as calcium hydroxyapatite, ...	1,000 mg(1g) 100%
(tricalcium phosphate), lysinate, citrate, alpha-ketoglutarate, aspartate)†	
Iron (as ferrous aspartate, histidinate, ...	18 mg. 100%
alpha-ketoglutarate)†	
Phosphorus (as calcium hydroxyapatite)†	500 mg 50%
Iodine (as kelp)†	225 mcg 150%
Magnesium (as magnesium oxide, taurinate, ...	500 mg 125%
citrate, alpha-ketoglutarate, aspartate)†	
Zinc (as zinc citrate, histidinate, ...	15 mg 100%
alpha-ketoglutarate, picolinate)†	
Selenium (as selenium amino acid chelate)†	50 mcg 71%
Copper (as copper citrate, lysinate)†	1 mg 50%
Manganese (as manganese citrate, ...	10 mg 500%
histidinate, alpha-ketoglutarate, picolinate)†	
Chromium (as chromium polynicotinate, ...	100 mcg 83%
chromium picolinate)†	
Molybdenum	50 mcg 67%
(as molybdenum amino acid chelate)†	
Potassium (as potassium citrate, ...	99 mg 3%
alpha-ketoglutarate, aspartate)†	
L-Glutamic Acid	81 mg *
(from 100 mg L-glutamic acid hydrochloride)	
MSM (methylsulfonylmethane)	23.6 mg. *
Horsetail Extract (leaf)(7% silica equal to 1.4 mg).	20 mg *
Silica (as silica, horsetail extract, calcium silicate) †	20 mg *
Sulfur (from methylsulfonylmethane)(OptMSM®)	8 mg *
Boron (as boron amino acid chelate)†	2 mg *
Vanadium (as vanadium amino acid	3 mcg *
chelate)†	

* Daily Value not established.

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

WARNING: If you are pregnant, nursing, diabetic, hypoglycemic, 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.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. **KEEP THIS PRODUCT OUT OF THE REACH OF CHILDREN.** In case of accidental overdose, call a Poison Control Center immediately.

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

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