

Magnesium is needed for more than 300 biochemical reactions in the body. It helps to relax muscles and to maintain an already normal blood flow.** It can also support a steady heart rhythm and a healthy immune system, as well as keep bones strong.**

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

YES	CERTIFIED GLUTEN-FREE BY GFCO.ORG	NO	YEAST, CORN OR WHEAT
YES	CERTIFIED VEGETARIAN BY THE AVA	NO	SOY, MILK OR SALT
YES	RECYCLABLE PACKAGING	NO	SUGAR OR PRESERVATIVES
YES	MANUFACTURING SUPPORTS WIND POWER	NO	ARTIFICIAL COLORS, FLAVORS OR SWEETENERS
YES	KOSHER	NO	MAGNESIUM STEARATE

This product has been manufactured at a GMP Registered facility.

Lot No:

Best by:



• TARGET-MINS® •
**MAGNESIUM
CAPS**

with Silica
300 mg
Certified Gluten-Free

- Helps relax muscles**
- Supports a healthy immune system**
- Essential for proper calcium utilization**

Dietary
Supplement

60 Vegetarian
Capsules

— Our PLEDGE of INTEGRITY —
AUTHENTICITY • CLEANLINESS • FRESHNESS
CONSISTENCY • ACCURACY

Directions: Adults take one (1) capsule once or twice 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 1 capsule

Amount Per Serving	% Daily Value	
Magnesium (as magnesium oxide, aspartate, taurinate, citrate, alpha-ketoglutarate)†	300 mg	75%
Horsetail Extract 2:1 (aerial) (7% silica) providing: Silica	43 mg	*
	3 mg	

* Daily Value not established.

Other Ingredients: Cellulose (capsule shell), cellulose, L-leucine, silica.

† Country Life always labels minerals in elemental weight.

CAUTION: 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.

Do not accept if seal is broken. Store between 59°-86° F. Keep out of the reach of children.

Manufactured by Country Life, LLC
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