

Target-Mins® are made with specific free-form amino acids and uses a calcium: phosphorus and calcium: magnesium ratio of 2:1 to support calcium utilization.* Adequate calcium as part of a healthful diet, along with exercise, may reduce the risk of osteoporosis later in life.

* 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 OR WHEAT
YES CERTIFIED VEGETARIAN BY THE AVA	NO SOY, MILK OR SUGAR
YES RECYCLABLE PACKAGING	NO 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.
Δ Per serving

Lot No:

Best by:



K

Dietary Supplement **180** Vegetarian Capsules

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

ESTABLISHED
— 1971 —
**Country®
Life**

• TARGET-MINS® •
**CALCIUM
MAGNESIUM
CAPS**

500 mg: 250 mg Δ

Certified Gluten-Free

- Formulated to maximize calcium utilization*
- Supports body availability of calcium*

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
Servings Per Container 60

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

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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CountryLifeVitamins.com
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