

12013NL



Best by:

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 30

Amount Per Serving	% Daily Value
Calcium (as calcium hydroxyapatite (tricalcium phosphate), citrate, alpha-tetraglutarate, aspartate, lysinate)†	1,000 mg 100%
Iron (as ferrous aspartate, histidine, alpha-tetraglutarate)†	18 mg 100%
Phosphorus (as calcium hydroxyapatite)†	500 mg 50%
Iodine (from kelp)†	225 mcg 150%
Magnesium (as magnesium oxide, citrate, alpha-tetraglutarate, taurinate, aspartate)†	500 mg 125%
Zinc (as zinc citrate, histidine, alpha-tetraglutarate, picolinate)†	15 mg 100%
Selenium (as selenium amino acid chelate (rice flour based))†	50 mcg 71%
Copper (as copper citrate, lysinate)†	1 mg 50%
Manganese (as manganese citrate, histidine, alpha-tetraglutarate, picolinate)†	10 mg 500%
Chromium (as chromium picolinate)†	100 mcg 83%
Molybdenum (as molybdenum amino acid chelate (rice protein based))†	50 mcg 67%
Potassium (as potassium citrate, alpha-tetraglutarate, aspartate)†	99 mg 3%
L-Glutamic Acid (from 102 mg L-glutamic acid hydrochloride)	83 mg
MSM (methylsulfoni(methane) OptiMSM® providing sulfur)	23.6 mg 8 mg
Hershtal Extract (leaf, stem)	20 mg
Silica (as silica, horsetail extract (leaf/stem), calcium silicate) †	20 mg
Boron (as boron citrate)†	2 mg
* Daily Value not established	

A complete multi-mineral complex that contains 11 essential minerals in two convenient tablets. Take alone or as a complement to your supplement regimen. 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.**

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.

Other Ingredients: Cellulose, L-leucine, cellulose & glycerin coating, silica, vegetable glaze.

† Country Life always labels minerals in elemental weight. **CAUTION:** 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.

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

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Manufactured by Country Life, LLC
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CountryLifeVitamins.com

Product No. 2510 **chromax**™ **OptiMSM**

Country Life

ESTABLISHED 1971

TARGET-MINS®

TOTAL MINS

Certified Gluten-Free

- Full spectrum multi-mineral complex with Boron
- Supports bone health**
- Promotes nerve and muscle health**

Dietary Supplement **60** Tablets

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AUTHENTICITY • CLEANLINESS • FRESHNESS
CONSISTENCY • ACCURACY