

Target-Mins® are made with specific free-form amino acids for optimal mineral delivery.\* Magnesium 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.\* Potassium may also support cardiovascular health.\*

\* 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.

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

This product has been manufactured at a GMP Registered facility.

Lot No:

Best by:



02116NL

Dietary Supplement **90** Tablets

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



• TARGET-MINS® •  
**MAGNESIUM  
POTASSIUM  
ASPARTATE**



with other Target-Mins® Chelates  
Certified Gluten-Free

- May support cardiovascular health\*
- Helps relax muscles\*
- Supports bone health\*

**Directions:** Adults take two (2) tablets daily 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 45

| Amount Per Serving                                                                          | % Daily Value |      |
|---------------------------------------------------------------------------------------------|---------------|------|
| Magnesium (as magnesium oxide, aspartate, citrate, taurinate, <i>alpha</i> -ketoglutarate)† | 600 mg        | 150% |
| Potassium (as potassium citrate, aspartate, <i>alpha</i> -ketoglutarate)†                   | 198 mg        | 6%   |

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

† 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 in a dry place between 59° - 86° F. Keep out of the reach of children.**

Manufactured by Country Life, LLC  
180 Vanderbilt Motor Parkway, Hauppauge, NY 11788 (USA)  
CountryLifeVitamins.com  
Product No. 2494