

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.

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

This product has been manufactured at a GMP Registered facility.
Lot No:

Best by:



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Dietary
Supplement

180 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 90

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. 2495