

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.

YES CERTIFIED VEGAN BY THE AVA
YES CERTIFIED GLUTEN-FREE BY GFCO
YES RECYCLABLE PACKAGING
YES MANUFACTURING SUPPORTS
WIND POWER
YES KOSHER

NO YEAST, WHEAT OR CORN
NO MILK OR SOY
NO SALT OR SUGAR
NO PRESERVATIVES OR ARTIFICIAL COLOR
NO MAGNESIUM STEARATE

This product has been manufactured at an NSF GMP Registered facility.

Lot No:

Best by:



ESTABLISHED
— 1971 —
**Country
Life**

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

NOW!
THINNER
tablets

with other Target-Mins™ Chelates
Gluten-Free

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

Dietary
Supplement

Tablets

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

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 aspartate, oxide, citrate, taurinate, <i>alpha</i> -ketoglutarate)†	600 mg	150%
Potassium (as potassium aspartate, citrate, <i>alpha</i> -ketoglutarate)†	198 mg	6%

Other Ingredients: Cellulose, medium chain triglycerides, silica, cellulose & glycerin coating, 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 between 59°-86° F.
Keep out of the reach of children.**

Manufactured by Country Life, LLC
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