

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.

****This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.**

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.

Chromax® chromium picolinate and the Chromax logo are registered trademarks of Nutrition 21, Inc.

This product has been manufactured at a GMP Registered facility.

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

YES CERTIFIED GLUTEN-FREE BY GFCO.ORG	NO YEAST OR WHEAT
YES CERTIFIED VEGETARIAN BY THE AVA	NO SOY OR MILK
YES RECYCLABLE PACKAGING	NO SUGAR
YES MANUFACTURING SUPPORTS WIND POWER	NO PRESERVATIVES OR ARTIFICIAL COLOR
YES KOSHER	NO MAGNESIUM STEARATE

Lot No:

Best by:



chromax®

ESTABLISHED
— 1971 —

**Country
Life**

• TARGET-MINS® •

TOTAL MINS IRON-FREE

Multi-mineral complex
with Boron

Certified Gluten-Free

- Full spectrum multi-mineral complex
- Supports bone health**
- Only 2 tablets daily

Dietary Supplement **60** Tablets

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

Directions: Adults take two (2) tablets daily. For best utilization, take with food. 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 silicate, calcium hydroxyapatite, calcium citrate, calcium aspartate, calcium lysinate, <i>alpha</i> -ketoglutarate)	1,000 mg	100%
Phosphorus (as calcium hydroxyapatite)	500 mg	50%
Iodine (from kelp)	150 mcg	100%
Magnesium (as magnesium oxide, taurinate, citrate, <i>alpha</i> -ketoglutarate, aspartate)	500 mg	125%
Zinc (as zinc citrate, picolinate, monomethionine)	15 mg	100%
Selenium (as L-selenomethionine, selenium rice chelate [rice flour based])	100 mcg	143%
Copper (as copper citrate)	1 mg	50%
Manganese (as manganese citrate)	1 mg	50%
Chromium (as chromium picolinate)	120 mcg	100%
Molybdenum (as molybdenum citrate)	50 mcg	67%
Potassium (as potassium citrate, <i>alpha</i> -ketoglutarate, aspartate)	99 mg	3%
L-Glutamic Acid (from 100 mg L-glutamic acid hydrochloride)	81 mg	*
Silica (as silica, calcium silicate, horsetail extract (leaf, stem))	20 mg	*
Horsetail Extract (leaf, stem)	20 mg	*
Boron (as boron citrate)	2 mg	*

* Daily Value not established.

Other Ingredients: Cellulose, l-leucine, cellulose & glycerin coating, vegetable glaze.
†Country Life always labels minerals in elemental weight.

Manufactured by Country Life, LLC
180 Vanderbilt Motor Parkway, Hauppauge, NY 11788 (USA)
CountryLifeVitamins.com
Product No. 2513