

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.

† Country Life always labels minerals in elemental weight.

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

YES CERTIFIED VEGETARIAN BY THE AVA

YES RECYCLABLE PACKAGING

YES MANUFACTURING SUPPORTS WIND POWER

YES KOSHER

Lot No:

NO YEAST OR WHEAT

NO SOY OR MILK

NO SUGAR

NO PRESERVATIVES OR ARTIFICIAL COLOR

NO MAGNESIUM STEARATE



• 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

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 60

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.

Manufactured by Country Life, LLC
180 Vanderbilt Motor Parkway, Hauppauge, NY 11788 (USA)
CountryLifeVitamins.com
Product No. 2514

03P14NL

Best by:



0 15794 02514 6

K

Dietary
Supplement

120 Tablets

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