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Lot No:

Best by:

Directions: Adults take two (2) tablets daily. For best utilization, take 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 60

Amount Per Serving	% Daily Value
Calcium (as calcium hydroxyapatite (tricalcium phosphate), citrate, alpha-ketoglutarate, aspartate, lysinate)†	1,000 mg 100%
Iron (as ferrous aspartate, histidine, alpha-ketoglutarate)†	18 mg 100%
Phosphorus (as calcium hydroxyapatite)†	500 mg 50%
Iodine (from kelp)†	225 mcg 150%
Magnesium (as magnesium oxide, citrate, alpha-ketoglutarate, taurinate, aspartate)†	500 mg 125%
Zinc (as zinc citrate, histidine, alpha-ketoglutarate, picolinate)†	15 mg 100%
Selenium (as selenium amino acid chelate [rice flour based])†	50 mcg 71%
Copper (as copper citrate, lysinate)†	1 mg 50%
Manganese (as manganese citrate, histidine, alpha-ketoglutarate, picolinate)†	10 mg 500%
Chromium (as chromium picolinate)†	100 mcg 83%
Molybdenum (as molybdenum amino acid chelate [rice protein based])†	50 mcg 67%
Potassium (as potassium citrate, alpha-ketoglutarate, aspartate)†	99 mg 3%
L-Glutamic Acid (from 102 mg L-glutamic acid hydrochloride)	83 mg *
MSM (methylsulfonylmethane) OptiMSM® providing sulfur	23.6 mg 8 mg *
Horsetail Extract (leaf, stem)	20 mg *
Silica (as silica, horsetail extract (leaf/stem), calcium silicate) †	20 mg *
Boron (as boron citrate)†	2 mg *
* Daily Value not established	

Other Ingredients: Cellulose, Hecucine, cellulose & glycerin coating, silica, vegetable glaze.

† Country Life always labels minerals in elemental weight. **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.

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

Chromax® chromium picolinate and the Chromax logo are registered trademarks of Nutrition 21, Inc. OptiMSM® is a registered trademark of Cardinal Nutrition. OptiMSM® is sold under license to worldwide R.J. Herschler MSM use patents.

Manufactured by Country Life, LLC
180 Vanderbilt Motor Parkway
Hempstead, NY 11788 (USA)
CountryLifeVitamins.com

Product No. 2511 **chromax**® **OptiMSM**®

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.

**** 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.**

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. **KEEP THIS PRODUCT OUT OF THE REACH OF CHILDREN.** In case of accidental overdose, call a Poison Control Center immediately.

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

This product has been manufactured at a GMP Registered facility.



• TARGET-MINS® •

TOTAL MINS

Certified Gluten-Free

- Full spectrum multi-mineral complex with Boron
- Supports bone health**
- Promotes nerve and muscle health**

Dietary
Supplement

120 Tablets

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