

A complete calcium, vitamin D + multi-mineral complex that contains 11 essential minerals. Take alone or as a complement to your supplement regimen.

Adequate calcium and vitamin D 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.**

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

NO WHEAT
NO SOY OR MILK
NO PRESERVATIVES
NO ARTIFICIAL COLORS
NO ARTIFICIAL FLAVORS
NO ARTIFICIAL SWEETENERS

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

This product has been manufactured at a GMP Registered facility.

Lot No:

Best by:

041114N



chromax

K

Dietary Supplement **150** Vegetarian Capsules

• TARGET-MINS® •

TOTAL MINS IRON-FREE

with Boron and Vitamin D

Certified Gluten-Free

► Full spectrum multi-mineral complex
Supports bone health**

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

Directions: Adults take five (5) capsules 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 5 capsules
Servings Per Container 30

Amount Per Serving	% Daily Value
Vitamin D (as ergocalciferol)	400 I.U. 100%
Calcium (as calcium hydroxyapatite, citrate, alpha-ketoglutarate, aspartate, lysinate)†	1,000 mg 100%
Phosphorus (as calcium hydroxyapatite)†	500 mg 50%
Iodine (from kelp)	150 mcg 100%
Magnesium (as magnesium oxide, aspartate, alpha-ketoglutarate, citrate, taurinate)†	500 mg 125%
Zinc (as zinc citrate, picolinate, monomethionine)†	15 mg 100%
Selenium (as selenium rice chelate [rice flour based] L-selenomethionine)†	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 amino acid chelate [rice protein based])†	50 mcg 67%
Potassium (as potassium rice chelate [rice flour based], citrate, alpha-ketoglutarate, aspartate)†	99 mg 3%
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 (capsule shell), stearic acid, magnesium stearate, cellulose, dicalcium phosphate, citric acid. † Country Life always labels minerals in elemental weight. **CAUTION:** If you are pregnant or 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.**

Manufactured by Country Life, LLC
180 Vanderbilt Motor Parkway, Hauppauge, NY 11788 (USA)
CountryLifeVitamins.com
Product No. 2517