

Target-Mins® are made with specific free-form amino acids for optimal mineral delivery.** Magnesium helps maintain normal muscle and nerve function, and in conjunction with Calcium, keep bones strong.**

Adequate calcium and Vitamin D throughout life, as part of a well-balanced diet, may reduce the risk of osteoporosis.

**** 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 GLUTEN-FREE BY GFCO.ORG

YES CERTIFIED VEGAN BY THE AVA

YES RECYCLABLE PACKAGING

YES MANUFACTURING SUPPORTS WIND POWER

YES KOSHER

NO WHEAT

NO SOY OR MILK

NO SALT OR SUGAR

NO PRESERVATIVES

NO ARTIFICIAL COLORS

NO ARTIFICIAL FLAVORS

NO ARTIFICIAL SWEETENERS

This product has been manufactured at a GMP Registered facility.

Lot No:

Best by:

12016NL



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Dietary Supplement **180** Tablets

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

ESTABLISHED
— 1971 —
**Country®
Life**

• TARGET-MINS® •

NERVE & OSTEO SUPPORT**

Magnesium and calcium
with related nutrients

Certified Gluten-Free

- Helps maintain normal nerve function**
- Essential for proper calcium utilization**

Directions: Adults take three (3) 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 3 tablets

Servings Per Container 60

Amount Per Serving	% Daily Value	
Vitamin D (as ergocalciferol)	100 I.U.	25%
Calcium (as calcium hydroxyapatite, citrate, aspartate, lysinate, <i>alpha</i> -ketoglutarate)†	600 mg	60%
Phosphorus (as calcium hydroxyapatite)†	285 mg	29%
Iodine (as potassium iodide)†	230 mcg	153%
Magnesium (as magnesium oxide, aspartate, citrate, taurinate, <i>alpha</i> -ketoglutarate)†	500 mg	125%
Betaine (from 100 mg of betaine hydrochloride)	76 mg	*
Horsetail Extract (stem)	25 mg	*

* Daily Value not established.

Other Ingredients: Cellulose, stearic acid, organic coating (tapioca maltodextrin, sunflower lecithin, sustainable palm oil, guar gum), magnesium stearate, silica, maltodextrin, natural vanilla flavor.

† Country Life always labels minerals in elemental weight.

CAUTION: If you are pregnant, 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 in a dry place between 59°-86° F. Keep out of the reach of children.

Manufactured by Country Life, LLC
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CountryLifeVitamins.com
Product No. 2497