

11S16NL

Lot No:

Best by:



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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, 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 (as potassium iodide)†	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 rice chelate [rice protein 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 flour based])†	50 mcg 67%
Potassium (as potassium citrate, alpha-ketoglutarate, aspartate, iodide)†	98 mg 3%
L-Glutamic Acid (from 102 mg L-glutamic acid hydrochloride)	81 mg *
MSM (methylsulfonylmethane) OptiMSM® providing sulfur	23.6 mg *
Silica (as silica, horsetail extract (stem), calcium silicate) †	20 mg *
Boron (as boron citrate)†	2 mg *
* Daily Value not established.	

Other Ingredients: Cellulose, L-leucine, cellulose & glycerin coating, silica, maltodextrin, 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 in a dry place between 59°-86° F. Keep out of the reach of children.
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Manufactured by Country Life, LLC
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Hauppauge, NY 11788 (USA)

CountryLifeVitamins.com

Product No. 2511

chromax® OptiMSM®

TOTAL MINS

• TARGET-MINS® •

Certified Gluten-Free

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

Dietary
Supplement

120 Tablets

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AUTHENTICITY • CLEANLINESS • FRESHNESS
CONSISTENCY • ACCURACY