

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 in a dry place 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 OR PRESERVATIVES

NO ARTIFICIAL COLORS, FLAVORS

OR SWEETENERS

NO MAGNESIUM STEARATE

ESTABLISHED
— 1971 —
**Country
Life**

• 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

Dietary
Supplement

120 Tablets

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

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 hydroxyapatite, calcium silicate, calcium citrate, calcium alpha-ketoglutarate, calcium aspartate, calcium lysinate)†	1,000 mg	100%
Phosphorus (as calcium hydroxyapatite)†	500 mg	50%
Iodine (as potassium iodide)†	150 mcg	100%
Magnesium (as magnesium oxide, magnesium citrate, magnesium alpha-ketoglutarate, magnesium taurinate, magnesium aspartate)†	500 mg	125%
Zinc (as zinc citrate, zinc picolinate, zinc monomethionine)†	15 mg	100%
Selenium (as L-selenomethionine, selenium rice chelate [rice protein 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 amino acid chelate [rice flour based])†	50 mcg	67%
Potassium (as potassium citrate, potassium rice chelate [rice protein based], alpha-ketoglutarate, aspartate, iodide)†	99 mg	3%
L-Glutamic Acid (from 100 mg L-glutamic acid hydrochloride)	81 mg	*
Silica (as silica, calcium silicate, horsetail extract (stem))†	20 mg	*
Boron (as boron citrate)†	2 mg	*

* Daily Value not established.

Other Ingredients: Cellulose, L-leucine, cellulose & glycerin coating, vegetable glaze.

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CountryLifeVitamins.com
Product No. 2514

Best by:



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