

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 GLUTEN-FREE BY GFCO.ORG

YES CERTIFIED VEGAN BY THE AVA

YES RECYCLABLE PACKAGING

YES MANUFACTURING SUPPORTS WIND POWER

YES KOSHER

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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.

Lot No:

Best by:

10K16NL



chromax®

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Dietary
Supplement

150 Vegan
Capsules

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

ESTABLISHED
— 1971 —

Country®
Life

• TARGET-MINS® •

TOTAL MINS
IRON-FREE

with Boron and Vitamin D

Certified Gluten-Free

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

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,	1,000 mg. 100%
alpha-ketoglutarate, aspartate, lysinate)†	
Phosphorus (as calcium hydroxyapatite)†	500 mg. 50%
Iodine (as potassium iodide)†	150 mcg. 100%
Magnesium (as magnesium oxide, aspartate,	500 mg. 125%
alpha-ketoglutarate, citrate, taurinate)†	
Zinc (as zinc citrate, picolinate, monomethionine)†	15 mg. 100%
Selenium (as selenium rice chelate [rice protein based],	100 mcg. 143%
L-selenomethionine)†	
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,	50 mcg. 67%
[rice flour based])†	
Potassium (as potassium rice chelate [rice protein based],	99 mg. 3%
citrate, alpha-ketoglutarate, aspartate, iodide)†	
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 (capsule shell), stearic acid, cellulose, magnesium stearate, † 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.

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