

Target-Mins® are made with specific free-form amino acids and uses a calcium: phosphorus and calcium: magnesium ratio of 2:1 to support calcium utilization.* Supports body availability of calcium.* Adequate calcium as part of a healthful diet, along with exercise, may reduce the risk of osteoporosis later in life.

* 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	NO	YEAST OR WHEAT
YES	CERTIFIED VEGAN BY THE AVA	NO	SOY OR MILK
YES	RECYCLABLE PACKAGING	NO	SUGAR OR PRESERVATIVES
YES	MANUFACTURING SUPPORTS	NO	ARTIFICIAL COLORS,
	WIND POWER		FLAVORS OR SWEETENERS
YES	KOSHER	NO	MAGNESIUM STEARATE

This product has been manufactured at a GMP Registered facility.

Lot No:

Best by:

0317NL



K

Dietary
Supplement

360 Tablets

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

ESTABLISHED
— 1971 —
Country®
Life

• TARGET-MINS® •
**CALCIUM
MAGNESIUM**

Complex

1000 mg : 500 mg

Certified Gluten-Free

- Formulated to maximize calcium utilization*
- Only 2 tablets per day

THIN
tabs

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 180

Amount Per Serving	% Daily Value	
Calcium (as calcium hydroxyapatite, citrate, aspartate, <i>alpha</i> -ketoglutarate, lysinate)†	1,000 mg	100%
Phosphorus (as calcium hydroxyapatite)†	500 mg	50%
Magnesium (as magnesium oxide, citrate, aspartate, taurinate, <i>alpha</i> -ketoglutarate)†	500 mg	125%

Other Ingredients: Cellulose, stearic acid, cellulose & glycerin coating, silica, vegetable glaze.

† Country Life always labels minerals in elemental weight.

CAUTION: If you are pregnant or 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
180 Vanderbilt Motor Parkway, Hauppauge, NY 11788 (USA)
CountryLifeVitamins.com
Product No. 2489