

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.\* Zinc also supports immune health.\*

Adequate calcium and Vitamin D 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

YES CERTIFIED VEGAN BY THE AVA

YES RECYCLABLE PACKAGING

YES MANUFACTURING SUPPORTS

WIND POWER

YES KOSHER

NO YEAST, WHEAT OR SOY

NO MILK, SALT OR SUGAR

NO PRESERVATIVES

NO ARTIFICIAL COLORS

FLAVORS OR SWEETENERS

NO MAGNESIUM STEARATE

This product has been manufactured at a GMP Registered facility.

Δ Per serving

Lot No:

Best by:



K

Dietary Supplement 180 Tablets

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

ESTABLISHED  
— 1971 —  
Country  
Life

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

with Vitamin D

1000 mg : 500 mg : 25 mg <sup>Δ</sup>

Certified Gluten-Free

► Supports bone and immune health\*

THIN  
tabs



**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)	200 I.U.	50%
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, aspartate, citrate, taurinate, <i>alpha</i> -ketoglutarate)†	500 mg	125%
Zinc (as zinc citrate, histidinate, picolinate, <i>alpha</i> -ketoglutarate, aspartate)†	25 mg	167%

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  
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CountryLifeVitamins.com  
Product No. 2491