

Looking to get your calcium needs with an easy alternative to swallowing tablets? This liquid Target-Mins® formulation contains the same benefits as our Target-Mins® calcium magnesium tablet products, in the convenience of a liquid. A 1-ounce dosage is all that is needed to fulfill your daily requirement to support bone health and keep teeth strong.** Available in Blueberry flavor – now improved and better than ever.

Target-Mins® are made with specific free-form amino acids and uses a calcium: magnesium and calcium: phosphorus ratio of 2:1 to support calcium utilization.** To further support proper regulation of the body's calcium, Vitamin D3 was added.** This formula is developed with calcium and magnesium complexes that include calcium citrate and magnesium glycinate.

Looking for other liquid supplement options? Try Country Life's Liquid Multivitamin & Mineral Complex – containing a blend of aloe vera plus mangosteen and noni juices. It's a delicious and nutritious combination of juices infused with essential vitamins and minerals needed daily.

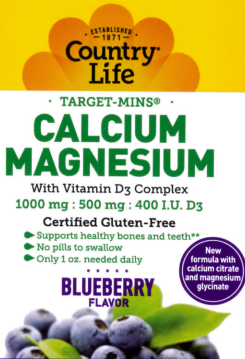
Adequate calcium and Vitamin D as part of a healthful diet, along with exercise, may reduce the risk of osteoporosis later in life.

See container for "Lot No." and "Best By" date.

** 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 VEGETARIAN BY THE ANA
 YES RECYCLABLE PACKAGING
 YES MANUFACTURING SUPPORTS WIND POWER
 NO YEAST OR WHEAT
 NO MILK OR SOY
 NO ARTIFICIAL COLORS
 NO ARTIFICIAL FLAVORS
 NO ARTIFICIAL SWEETENERS
 NO MAGNESIUM STEARATE



Dietary Supplement
 16 FL. OZ. (1 PINT) (472 mL)

LIQUID

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

Directions: Adults take one cap (1 fl. oz.)(29.5 mL) daily or as directed by a health care professional. 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 1 fl. oz. (29.5 mL)
 Servings Per Container about 16

Amount Per Serving	% Daily Value
Calories	30
Total Carbohydrate	7 g 2%*
Vitamin D (D3)(as cholecalciferol)	400 I.U. 100%
Calcium (as tricalcium phosphate, citrate, alpha-ketoglutarate, lysinate, bisglycinate)†	1,000 mg 100%
Phosphorus (as tricalcium phosphate)†	500 mg 50%
Magnesium (as magnesium citrate, alpha-ketoglutarate, taurinate, glycinate)†	500 mg 125%

* Percent Daily Values are based on a 2,000 calorie diet.

Other ingredients: Purified water, natural vegetable glycerin, natural blueberry flavor, citric acid, xanthan gum, sodium benzoate (preservative), potassium sorbate (preservative).

† 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 between 59°-86° F until opened. Refrigerate after opening and use within 45 days. Shake well before use. Take only as directed. Do not exceed recommended dose. Keep out of the reach of children.

Manufactured for Country Life, LLC
 180 Vanderbilt Motor Parkway, Hauppauge, NY 11788 (USA)
 CountryLifeVitamins.com
 Product No. 2523