

05N11L



9 Best by:

Lot No:

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 30

Amount Per Serving	% Daily Value
Niacin (as chromium polynicotinate)	0.5 mg 2%
Calcium (as calcium hydroxyapatite, citrate, <i>alpha</i> -ketoglutarate, aspartate, lysinate)†	1,000 mg (1 g) 100%
Phosphorus (as calcium hydroxyapatite)†	500 mg 50%
Iodine (as kelp)†	150 mcg 100%
Magnesium (as magnesium oxide, aspartate, <i>alpha</i> -ketoglutarate, citrate, taurinate)†	500 mg 125%
Zinc (as zinc citrate, picolinate, monomethionine)†	15 mg 100%
Selenium (as selenium amino acid chelate, L-selenomethionine)†	100 mcg 143%
Copper (as copper citrate) †	1 mg 50%
Manganese (as manganese citrate)†	1 mg 50%
Chromium (as chromium polynicotinate, picolinate)†	120 mcg 100%
Molybdenum (as molybdenum amino acid chelate)†	50 mcg 67%
Potassium (as potassium rice chelate, citrate, <i>alpha</i> -ketoglutarate, aspartate)†	99 mg 3%
L-Glutamic Acid (from 100 mg L-glutamic acid hydrochloride)	81 mg *
Silica (as silica, calcium silicate, horsetail extract 4:1)†	20 mg *
Horsetail Extract 4:1 (leaf)	20 mg *
Boron (as boron citrate)†	2 mg *

* Daily Value not established.

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

WARNING: 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.

NO: Yeast, wheat, soy, gluten, milk, sugar, preservatives or artificial color.

This product has been manufactured at an NSF GMP Registered facility.

CHROMEMATE®



OptiZinc®



American Vegetarian Association

This product has been manufactured at an NSF GMP Registered facility.

Manufactured by Country Life, LLC

180 Vanderbilt Motor Parkway Hauppauge, NY 11788

CountryLifeVitamins.com

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MINERALS
TARGET-MINS™

**TOTAL MINS
IRON-FREE**

Multi-mineral complex with Boron

Gluten-Free

60 Tablets

Dietary Supplement