

USAGE: Take 1 to 6 capsules per day with meals, preferably dividing the number of capsules equally with each meal to facilitate maximum absorption, or as directed by your qualified health care consultant.

BONE-UP® combines Microcrystalline Hydroxyapatite (MCHA) (from free-range Australian calves) with vitamin K₂ as MK-7 (a more bioavailable form of vitamin K) and vitamin D₃ to support the deposition of calcium into the bones as well as to assist in building up the organic bone matrix.* Also added are the nutrients potassium citrate, and methylcobalamin (an active coenzyme form of B₁₂) for optimal osteo support.*

HEALTH CLAIM: Adequate calcium and vitamin D as part of a healthful diet, along with physical activity, may reduce the risk of osteoporosis later in life. For best results, use with **Jarrow FORMULAS® JarroSil™**, the biologically **Activated Silicon™**.

Keep out of the reach of children.

To report an adverse event: 866-459-4154

* 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.

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Jarrow FORMULAS® **BONE-UP®**

SUPERIOR CALCIUM FORMULA
Microcrystalline Hydroxyapatite

with
**Potassium
Citrate
& MK-7**



Promotes Bone Density*
240 Capsules
Dietary Supplement

Supplement Facts

Serving Size 6 Capsules Servings Per Container 40

	Amount Per 6 Capsules	% DV
Vitamin C (as ascorbic acid)	200 mg	333%
Vitamin D ₃ (as cholecalciferol)	1000 IU	250%
Vitamin K ₁ (as phylloquinone)	100 mcg	125%
MK-7 (vitamin K ₂ as menaquinone-7)	10 mcg	13%
B ₁₂ (as methylcobalamin)	100 mcg	1667%
Calcium (elemental) (from microcrystalline hydroxyapatite)	1000 mg	100%
Magnesium (as magnesium oxide)	500 mg	125%
Zinc (as zinc monomethionate)	10 mg	67%
Copper (as copper gluconate)	1 mg	50%
Manganese (as manganese citrate)	1 mg	50%
Potassium (as potassium citrate)	99 mg	3%
Boron (as boron citrate)	3 mg	*

* Daily Value not established.

Other Ingredients: Magnesium stearate (vegetable source) and silicon dioxide. Mineral amounts are elemental. Capsule consists of gelatin.

Contains: Soy.

No wheat, no gluten, no dairy, no egg, no fish/shellfish, no peanuts/tree nuts.

Superior Nutrition and FormulationSM by
Jarrow FORMULAS®
Los Angeles, CA 90035-4317
www.Jarrow.com

Lot #. Best Used Before: