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 K<sub>2</sub> as MK-7 (a more bioavailable form of vitamin K) and vitamin D<sub>3</sub> 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 B<sub>12</sub>) 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.

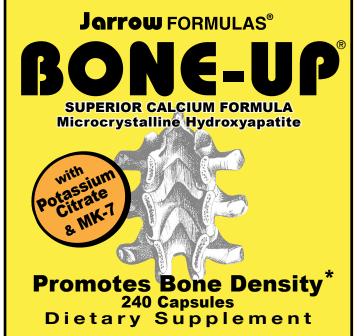
To report an adverse event: 866-459-4154

\* 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.



0109BU240 PROD # 104003

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| Supplement Fact                                   | S             |       |
|---|---------------|-------|
| Serving Size 6 Capsules Servings Per Container 40 |               |       |
| Amount Pe   | er 6 Capsules | % DV  |
| Vitamin C (as ascorbic acid)                      | 200 mg        | 333%  |
| Vitamin D₃ (as cholecalciferol)                   | 1000 IU       | 250%  |
| Vitamin K <sub>1</sub> (as phylloquinone)         | 100 mcg       | 125%  |
| MK-7 (vitamin K <sub>2</sub> as menaquinone-7)    | 10 mcg        | 13%   |
| B <sub>12</sub> (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 Formulation<sup>sM</sup> by Jarrow FORMULAS® Los Angeles, CA 90035-4317 www.Jorrow.com

Lot #. Best Used Before: