

SPOT PLATE

Supplement Facts

Serving Size 2 Packets
Servings Per Container 30

	Amount Per AM Packet	% Daily Value	Amount Per PM Packet	% Daily Value	Amount Per 2 Packets	% Daily Value
Vitamin A (as-Beta-carotene) Natural Mixed Carotenoids, Palmitate	2,000 IU	40%	2,000 IU	40%	4,000 IU	80%
Vitamin C (as Ascorbic Acid USP)	333 mg	555%	167 mg	278%	500 mg	833%
Vitamin D3 (as Cholecalciferol)	800 IU	125%	800 IU	125%	1,600 IU	250%
Vitamin E (as d-Alpha-Tocopherol Succinate USP)	25 IU	83%	25 IU	83%	50 IU	167%
Vitamin K (2 packets provide 262.5 mcg 500 mcg K1 as Phylloquinone, 25 mcg K2 as Menaquinone-7 (MK-7))	262.5 mcg	328%	262.5 mcg	328%	525 mcg	656%
Thiamin (Vitamin B1) (from Thiamine Hydrochloride USP)	25 mg	1,667%	25 mg	1,667%	50 mg	3,333%
Riboflavin (Vitamin B2 USP)	15 mg	862%	15 mg	862%	30 mg	1,719%
Niacin (as Niacin USP, Nicotinamide USP)	15 mg	75%	15 mg	75%	30 mg	150%
Vitamin B6 (as Pyridoxine Hydrochloride USP)	25 mg	1,250%	25 mg	1,250%	50 mg	2,500%
Folate (as Quatrefolic® (5R)-5-Methyltetrahydrofolate acid glucosamine salt)	400 mcg	100%	400 mcg	100%	800 mcg	200%
Vitamin B12 (as Methylcobalamin)	250 mcg	4,167%	250 mcg	4,167%	500 mcg	8,333%
Biotin	150 mcg	50%	150 mcg	50%	300 mcg	100%
Pantothenic Acid (as d-Calcium Pantothenate USP)	25 mg	250%	25 mg	250%	50 mg	500%
Calcium (as Calcium hydroxyapatite, Dicalcium Malate)	6 mg	8%	1,380 mg	138%	1,386 mg	139%
Phosphorus (as Calcium Hydroxyapatite)	6 mg	8%	360 mg	36%	366 mg	36%
Iodine (from Kelp)	75 mcg	50%	75 mcg	50%	150 mcg	100%
Magnesium (as Dimagnesium Malate, Magnesium Gluconate USP, TRACAP® Magnesium Lysinate Glycinate Chelate)	267 mg	67%	133 mg	33%	400 mg	100%
Zinc (as TRACAP® Zinc Bisglycinate Chelate)	7.5 mg	50%	7.5 mg	50%	15 mg	100%
Selenium (as Selenium Glycinate Complex)	100 mcg	143%	100 mcg	143%	200 mcg	286%
Copper (as TRACAP® Copper Bisglycinate Chelate)	0.5 mg	25%	0.5 mg	25%	1 mg	50%
Manganese (as TRACAP® Manganese Bisglycinate Chelate)	2.5 mg	125%	2.5 mg	125%	5 mg	250%
Chromium (as O-polynicotinate) ¹	100 mcg	83%	100 mcg	83%	200 mcg	167%
Molybdenum (as TRACAP® Molybdenum Gluconate Chelate)	75 mcg	150%	75 mcg	150%	150 mcg	300%
Strontium Citrate	1 g	-	0 mg	-	1 g	-
Boron (as Boronate™ (Glycine))	2.5 mg	-	2.5 mg	-	5 mg	-

¹ Daily Value not established.

Other Ingredients: Natural Vegetable Capsules, Microcrystalline Cellulose, Magnesium Stearate, and Silicon Dioxide.

WARNING: All forms of Vitamin K may interact with blood thinning medications. If you are taking such medicines please consult with your physician before taking this product.

Professional Strength: Not for sale through Amazon.com

Lifestyle Factors for Bone Health!

- *Make Sure Your Diet Includes Plenty of the Essential Bone-Building Nutrients.*
- *Avoid These Potentially Bone-Damaging Influences:*
-Coffee -Alcohol -Tobacco
-Soft Drinks -Antibiotics
- *Essential Bone Nutrients are Absorbed in the Digestive Tract – Take Care of your Stomach and Intestines!*
- *Work Out Regularly! Include Weight-Bearing Exercise with your Workout Routine.*
- *Increase Vegetable Consumption in your Diet.*



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.



Because Efficacy Matters®

Pro Bono® Premium Bone Building/ Bone Retention Pak



Also Excellent for
Women's Health

Dietary Supplement 60 Packets



MORNING PACKET



EVENING PACKET

Pro Bono® Premium Bone Building/ Bone Retention Pak

- *Clinically proven bone building nutrients for improved bone remodeling*
- *Promotes skeletal strength and bone density*
- *Comprehensive blend of foundational micronutrients*
- *Convenient and easy packets for daily bone support*

Pro Bono is targeted bone building support specifically designed to promote healthy bone density and skeletal strength while enhancing bone formation.

*Pro Bono® Addresses
Both Bone Growth and
Bone Loss† in One
Convenient Supplement!*

CO ALBION K2VITAL Quatrefolic Vcaps

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