

Country Life is passionate about helping you live a healthy, active life.

This extends into the environment we live in and the materials we use in our packaging.

We use 100% recycled paperboard.



PLEASE HELP US IN OUR MISSION;
RECYCLE THIS BOX & BOTTLE AFTER USE.

Bone Solid®

The calcium contained in Bone Solid® is microcrystalline hydroxyapatite [MCHA], a form of calcium that is closest to the body's own natural bone composition.*** The structure of MCHA is that of calcium phosphate, and 90% of the body's calcium is stored in the bones in this form.***

To aid in bone formation, Vitamins K and D3 are added in generous amounts.*** A clinical study among post-menopausal women over a 3-year period showed that these vitamins played a proper role in bone metabolism.***

Bone Solid® also contains FruiteX-B®, which contains a patented form of boron. Boron may help to support bone health.***

Country Life

Country Life is passionate about helping people live a healthy, active life. For over 4 decades we have been committed to making the highest quality supplements.

At Country Life, integrity is our #1 ingredient. Every product is rigorously tested to ensure it measures up against Country Life's 5 Integrity Standards: 1) authenticity of ingredients; 2) cleanliness of ingredients; 3) freshness of ingredients; 4) consistency of the formula; and 5) accuracy of labeling.

Go to CountryLifeVitamins.com to learn more.

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Did you know that bone loss begins for many of us at age 30? Whether you are a man or woman, you will begin to lose bone density year after year. An important step is to regularly replenish and increase your body's intake of calcium as well as Vitamins K and D3.

Introducing Bone Solid®, a specially formulated product that contains a unique natural form of calcium, as well as other minerals that your body recognizes as similar to its own natural bone composition.*** Through Bone Solid®'s Triple Action, your body's calcium will be better replenished and increased.***

Bone Solid®'s Triple Action:

- 1 Increased mineral utilization: Microcrystalline hydroxyapatite [MCHA] is identical to the body's natural bone composition.***
- 2 Strengthens bones: This powerful formula of MCHA combined with nutrients such as Vitamins K and D3 builds and protects bones.***
- 3 Supports bone metabolism:*** Bone is regenerated by the body and goes through a metabolic process. The inclusion of nutrients such as Vitamins K and D3, aids in this process for better bone support.***

Adequate calcium and Vitamin D throughout life, as a part of a well-balanced diet, may reduce the risk of osteoporosis.

*** 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	NO YEAST OR WHEAT
YES RECYCLABLE PACKAGING	NO SOY OR MILK
YES MANUFACTURING SUPPORTS	NO PRESERVATIVES
WIND POWER	NO ARTIFICIAL COLORS, FLAVORS OR SWEETENERS

This product has been manufactured at a GMP Registered facility.



TRIPLE ACTION BONE SOLID®

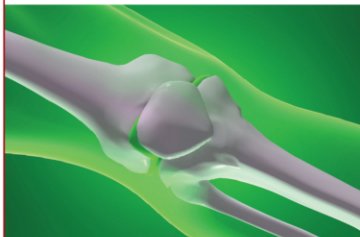
With Boron, MCHA, and Vitamin K
Certified Gluten-Free

With Patented FruiteX-B®

Clinically Studied MCHA and Vitamin K

Clinically shown to:

- 1 Increase Mineral Utilization***
- 2 Strengthen Bones***
- 3 Support Bone Metabolism***



Directions: Adults take three (3) capsules twice daily with food (for a total of 6 per day). Do not exceed recommended dose. As a reminder, discuss the supplements and medications that you take with your health care providers.

Supplement Facts

Amount Per Serving	% Daily Value
Serving Size: 3 capsules	
Servings Per Container: 30	
Protein	1 g 2%*
Vitamin C (from ascorbic acid, potassium ascorbate, calcium ascorbate, magnesium ascorbate, zinc ascorbate, manganese ascorbate, copper ascorbate, chromium ascorbate)	100 mg 167%*
Vitamin D (D3) (as cholecalciferol - from Lanolin)	1,000 IU 250%*
Vitamin K (as phytonadione (K1) - from Lanolin) and menaquinone (K2) (MK-7)	1,010 mcg 1,263%*
Calcium (from microcrystalline hydroxyapatite, calcium fructoborate, calcium ascorbate)	1,011 mg 101%*
Phosphorus (from microcrystalline hydroxyapatite)	500 mg 50%*
Magnesium (from magnesium oxide, ascorbate, alpha-ketoglutarate, aspartate, citrate, taurinate)	500 mg 125%*
Zinc (from zinc ascorbate, citrate)	10 mg 67%*
Copper (as copper ascorbate)	0.03 mg 2%*
Manganese (from manganese citrate, ascorbate)	1.2 mg 60%*
Chromium (from chromium ascorbate)	24 mcg 20%*
Potassium (from potassium ascorbate)	8 mg <1%*
MCHA (microcrystalline hydroxyapatite providing 1 g protein, 1,000 mg calcium, 500 mg phosphorus)	4,170 mg (4.17 g) --
Calcium Fructoborate (FruiteX-B®) providing Boron	226 mg 6 mg --

* Percent Daily Values are based on a 2,000 calorie diet.
** Daily Value not established.

Other Ingredients: Cellulose, cellulose (capsule shell), stearic acid, magnesium stearate, silica.

† Country Life always labels minerals in elemental weight.

CAUTION: If you are pregnant or nursing, taking medication (especially anti-coagulants, blood thinners), have a medical condition or planning surgery, consult a doctor before using this product. Stop using and consult a doctor if any adverse reactions occur.

See box for Lot No. and Best by date information.

Do not accept if seal is broken. Store in a dry place between 59°-86° F. Keep out of the reach of children.

FruiteX-B® (protected under U.S. Patent #5962049, 5985842, 6080245, 6969419, and 6924269) is a registered trademark licensed exclusively from VDF FutureCeuticals, Inc.

Dietary Supplement 180 Capsules

— **Our PLEDGE of INTEGRITY** —
AUTHENTICITY • TRANSPARENCY • FRESHNESS
CONSISTENCY • ACCURACY

Manufactured by Country Life, LLC
180 Vanderbilt Motor Parkway, Hays, PA 17188 (USA)
CountryLifeVitamins.com
Product No. 5033