

dōTERRA® Women Bone Nutrient Essential Complex is a blend of vitamins and minerals essential for bone health, including bioavailable forms of vitamins C and D and minerals calcium, magnesium, and other trace minerals that support healthy bone density throughout a woman's many life stages.* Bone Nutrient Essential Complex can be taken in conjunction with dōTERRA Women Phytoestrogen Essential Complex and dōTERRA Lifelong Vitality Pack.®

DIRECTIONS FOR USE: Teen and adult women, take 4 capsules daily with food, or 2 to 3 with dōTERRA Lifelong Vitality Pack daily.

NOTE: Pregnant or nursing women and people with known medical conditions should consult with a physician prior to taking supplements. Does not contain wheat or milk products.

Store in a cool, dry place.

*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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dōTERRA®
women

bone nutrient

ESSENTIAL COMPLEX

Supports healthy bone density levels in women*



DIETARY SUPPLEMENT
120 VEGETABLE CAPSULES

Supplement Facts

Serving Size: 4 vegetable capsules
Servings per container: 30

Amount Per Serving % DV		
Vitamin C (as magnesium ascorbate)	90 mg	150%
Vitamin D (as cholecalciferol and ergocalciferol)	810 IU	200%
Biotin (as d-biotin)	300 mcg	100%
Calcium (as coral calcium)	1000 mg	100%
Magnesium (as magnesium chelate and ascorbate)	400 mg	100%
Zinc (from yeast)	9 mg	60%
Copper (from yeast)	200 mcg	10%
Manganese (from yeast)	200 mcg	10%
Boron (from yeast)	2 mg	**

**Daily Value not established

Other Ingredients: Vegetable Hypromellose, Rice Flour, Olive Oil, Stearic Acid.

Manufactured in the U.S.A. exclusively for dōTERRA Intl, LLC,
389 S 1300 W, Pleasant Grove, UT 84062 1-800-411-8151
www.doterra.com