



MegaFood[®]
Fresh From Farm To Tablet™



Bone Health

Helps Maintain Strong Bones*



with Brown Rice, Cabbage & Oranges
**MULTIVITAMIN & MINERAL
DIETARY SUPPLEMENT**

Supplement Facts

Serving Size 4 Tablets
Servings per Container 45

	Amount per Serving	% DV
Vitamin C (ascorbic acid with organic orange)	100 mg	167
Vitamin D3 (cholecalciferol with <i>S. cerevisiae</i>)	1000 IU	250
Vitamin K1/K2 (phytonadione/menaquinone-7 with cabbage)	120 mcg	150
Calcium (rice amino acid chelate)	500 mg	50
Magnesium (rice amino acid chelate)	300 mg	75
Boron (mineral bound <i>S. cerevisiae</i>)	3 mg	**
Potassium (mineral bound <i>S. cerevisiae</i>)	2 mg	<1

** % Daily Value (DV) not established

Other Ingredients: Guar Gum, Stearic Acid, Silica, Cellulose.

Suggested Use: 2 tablets twice a day with food.

MegaFood Bone Health is formulated by award-winning integrative medical physician, Tieraona Low Dog, M.D., and contains optimal levels of vitamins C, D, K1 and K2, plus calcium and magnesium, to support already healthy mood and bone.*

This MegaFood product is made with real food, wholesome nutritional yeast and added nutrients. Each vitamin or mineral is paired with an ideal whole food using our unique process to deliver guaranteed potency and the benefit of health-promoting compounds present in the whole food itself.* See how they're made at megafood.com/showme. Satisfaction guaranteed or your money back.



We believe that the most nutritious food comes from healthy soils and valued farmers. Our goal is to work with farmers who share our commitment to organic and regenerative agriculture. megafood.com/farmers

* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Made with Love by MegaFood, PO Box 5244,
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Best Before:
Lot #: