

**USAGE:** Take 2 tablets 3 times per day (for a total of 6) with meals to facilitate maximum absorption, or as directed by your qualified healthcare professional.

**NOTE:** If you have a medical condition, are pregnant, lactating, trying to conceive, or taking medications (especially warfarin/Coumadin), consult your healthcare professional before using this product.

**Vegetarian/Vegan Bone-Up®** provides calcium citrate, a vegetarian/vegan source of the essential mineral calcium and a form that has demonstrated superior absorption. Also, Vegetarian/Vegan Bone-Up® is formulated with vitamin K<sub>2</sub> (as MK-7 from natural fermentation [a more bioavailable form of vitamin K]) and vitamin D<sub>2</sub> to support the deposition of calcium into the bones as well as to assist in building up the organic bone matrix.\* Potassium citrate is a systemic alkalizer added 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.

Suitable for vegetarians/vegans.

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.

Lot #: Best Used Before:

**Jarrow**  
FORMULAS®



Vegetarian / Vegan Formula  
with Calcium Citrate

**BONE-UP®**

Promotes Bone Density\*

**120**  
TABLETS

DIETARY  
SUPPLEMENT



Distributed Exclusively by:  
**Jarrow FORMULAS®**  
Superior Nutrition and Formulation™  
P.O. Box 35994  
Los Angeles, CA 90035-4317  
[www.Jarrow.com](http://www.Jarrow.com)

© 2018 **Jarrow FORMULAS®**

## Supplement Facts

Serving Size 6 Tablets  
Servings Per Container 20

	Amount Per Serving	% DV
Vitamin C (as Calcium Ascorbate)	200 mg	220%
Vitamin D <sub>2</sub> (Ergocalciferol) (from <i>Saccharomyces cerevisiae</i> Nutritional Yeast)	25 mcg (1,000 IU)	130%
Vitamin K <sub>2</sub> (as Natural MK-7 [Menaquinone-7])	45 mcg	40%
Calcium (as Calcium Citrate)	1,000 mg	80%
Magnesium (as Magnesium Oxide)	500 mg	120%
Zinc (L-OptiZinc®) (as Zinc L-Methionine Sulfate)	10 mg	90%
Copper (as Copper Gluconate)	1 mg	110%
Manganese (as Manganese Citrate)	1 mg	40%
Potassium (as Potassium Citrate)	99 mg	2%
Boron (as Boron Citrate)	3 mg	†

† Daily Value not established.

Other Ingredients: Cellulose, stearic acid (vegetable source), yeast (inactivated *Saccharomyces cerevisiae* [source of vitamin D<sub>2</sub>]), magnesium stearate (vegetable source), silicon dioxide and a food-grade coating. Mineral amounts are elemental.

**Contains:** Soy (in trace amounts).

No wheat, gluten, dairy, egg, fish/shellfish, or peanuts/tree nuts.

12318VBU

PROD # 104002

