

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 K₂ (as MK-7 from natural fermentation [a more bioavailable form of vitamin K]) and vitamin D₂ 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

Supplement Facts

Serving Size 6 Tablets
Servings Per Container 20

	Amount Per Serving	% DV
Vitamin C (as Calcium Ascorbate)	200 mg	220%
Vitamin D ₂ (Ergocalciferol) (from <i>Saccharomyces cerevisiae</i> Nutritional Yeast)	25 mcg (1,000 IU)	130%
Vitamin K ₂ (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 D₂]), 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.

Distributed Exclusively by:
Jarrow FORMULAS®
Superior Nutrition and Formulation™
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