

**USAGE:** Take 1 capsule 3 times per day (for a total of 3) 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.

**BoneUp® 3 Per Day** offers many of the same nutrients of regular BoneUp® but in a convenient, 3-capsule formula.

**BoneUp®** is a **complete bone-health system** that provides StimuCal™ MicroCrystalline HydroxyApatite (MCHA) and micronutrients for bone health. StimuCal™ MCHA is a natural source of calcium shown to support bone mineral density and not spike calcium levels in the blood with supplementation.\* StimuCal™ also provides bone proteins, including type I collagen, which has been shown in clinical research to support bone health.\* Vitamins D<sub>3</sub> and K<sub>2</sub> (as natural MK-7 from fermentation) work together to enhance calcium deposition into bones.\*

**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.

**Keep out of the reach of children.  
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

**3 PER DAY**  
**BoneUp®**  
**BONE-HEALTH SYSTEM**



||| **3 Capsules Per Serving**

✓ **Supports Bone Density\***

✓ **Provides Skeletal Nutrition\***

**StimuCal™**  
WITH BONE STIMULATING PROTEIN

With Natural Sources of  
**Vitamin K2 (MK-7) & Calcium (MCHA)**



Distributed Exclusively by:  
**Jarrow FORMULAS®**  
Superior Nutrition and Formulation™  
Los Angeles, CA 90035-4317  
[www.Jarrow.com](http://www.Jarrow.com)  
(866) 459-4154

08220BUTPD    PROD # 104806



**90 CAPSULES    DIETARY SUPPLEMENT**

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## Supplement Facts

Serving Size 3 Capsules  
Servings Per Container 30

	Amount Per Serving	% DV
Vitamin C (as Ascorbic Acid)	100 mg	110%
Vitamin D (as D <sub>3</sub> Cholecalciferol)	25 mcg (1,000 IU)	130%
Calcium ( <b>Elemental</b> ) (from StimuCal™ Microcrystalline Hydroxyapatite)	1,000 mg	80%
Magnesium (as Magnesium Oxide)	350 mg	80%
Zinc (as Zinc L-Methionine Sulfate)	10 mg	90%
Copper (as Copper Gluconate)	1 mg	110%
Manganese (as Manganese Citrate)	1 mg	45%
Vitamin K <sub>2</sub> (as Natural MK-7 [Menaquinone-7])	45 mcg	†
Boron (as Boron Citrate)	3 mg	†

† Daily Value not established.

Other Ingredients: Magnesium stearate (vegetable source) and silicon dioxide. Capsule consists of bovine gelatin (BSE-free). Mineral amounts are elemental.

No wheat, gluten, soybeans, dairy, egg, fish/shellfish, or peanuts/tree nuts. StimuCal™ is a registered trademark of PharmaZen Ltd., and is patent pending.

**Actual Capsule Size**

APPROX.  
FILL LINE