

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: Consult a healthcare professional before using this product if you are taking medications (especially anticoagulants [e.g. warfarin/Coumadin]), trying to conceive, pregnant, or lactating, under the age of 18, or have a medical condition; if adverse reactions occur, discontinue use.

Vegetarian/Vegan BoneUp® provides calcium citrate, a vegetarian/vegan source of the essential mineral calcium and a form that has demonstrated superior absorption. Also, Vegetarian/Vegan BoneUp® is formulated with vitamin K₂ (as MK-7 from natural fermentation, a more bioavailable form of vitamin K) combined with vitamin D₂ to support the deposition of calcium into the bones as well as 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.

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.



03522VBU
PROD # 104002

© 2022 Jarrow FORMULAS®



Jarrow
FORMULAS®

1,000 MG
OF CALCIUM
PER DAY

VEGETARIAN BoneUp®

BONE-HEALTH SYSTEM



Vegetarian / Vegan Formula



Supports Bone Density*

With Vegan Friendly Sources of Vitamin D (D₂),
Vitamin K₂ (MK-7), & Calcium (Citrate)



120 TABLETS

**DIETARY
SUPPLEMENT**

Supplement Facts

Serving Size 2 Tablets
Servings Per Container 60

Amount Per Serving %DV		
Vitamin C (as Calcium Ascorbate)	66.7 mg	74%
Vitamin D (as D ₂ Ergocalciferol)	8.3 mcg (333 IU)	42% (from <i>Saccharomyces cerevisiae</i> Nutritional Yeast)
Calcium (Elemental) (as Calcium Citrate)	333.3 mg	26%
Magnesium (as Magnesium Oxide)	166.7 mg	40%
Zinc (as Zinc L-Methionine Sulfate)	3.3 mg	30%
Copper (as Copper Gluconate)	0.333 mg	37%
Manganese (as Manganese Citrate)	0.333 mg	14%
Potassium (as Potassium Citrate)	33 mg	1%
Vitamin K ₂ (as Naturally Derived MK-7 [Menaquinone-7])	15 mcg	†
Boron (as Boron Citrate)	1 mg	†
† Daily Value (DV) not established.		

Other Ingredients: Cellulose, stearic acid (vegetable source), yeast (inactivated *Saccharomyces cerevisiae* [source of vitamin D₂]), magnesium stearate (vegetable source), silicon dioxide and food-grade coating (hydroxypropylmethylcellulose, glycerin).
Distributed Exclusively by **Jarrow Formulas®**
Los Angeles, CA 90035-4317 • 1-866-459-4154
Mineral amounts are elemental.

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

APPROX.
FILL LINE

Lot #. Best Used Before: