

USAGE: Take 3 tablets twice per day with meals, preferably dividing the number of tablets equally with each meal (for a total of 6) 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.

Ultra Bone-Up® provides ossein hydroxyapatite complex (OHC) (from free-range Australian/New Zealand calves), which includes the superior combination of the inorganic calcium lattice of microcrystalline hydroxyapatite (MCHA) within an organic protein milieu. The OHC is combined with vitamin D₃ and vitamin K₂ as MK-7 from natural fermentation (a more bioavailable form of vitamin K) to support the deposition of calcium into the bones as well as to assist in building up the organic bone matrix.* Also included are potassium citrate, glucosamine, SDG lignans from flaxseed, curcumin and resveratrol 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.

* 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.

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Lot #. Best Used Before:

Jarrow
FORMULAS



ULTRA BONE-UP®

- Natural MK-7 (90 mcg)
- Microcrystalline Hydroxyapatite
- Curcumin
- Glucosamine
- Resveratrol

Promotes Bone Density*

240
TABLETS

**DIETARY
SUPPLEMENT**



Supplement Facts

Serving Size 6 Tablets

Servings Per Container 40

	Amount Per Serving	% DV
Vitamin C (as calcium ascorbate)	200 mg	333%
Vitamin D ₃ (cholecalciferol)	2000 IU	500%
Natural MK-7 (vitamin K ₂ as menaquinone-7)	90 mcg	112%
Calcium (elemental) (from microcrystalline hydroxyapatite)	1200 mg	120%
Magnesium (as magnesium oxide)	500 mg	125%
Zinc (L-OptiZinc®) (as zinc L-monomethionine)	10 mg	67%
Copper (as copper gluconate)	1 mg	50%
Manganese (as manganese citrate)	1 mg	50%
Potassium (as potassium citrate)	99 mg	3%
Glucosamine HCl	300 mg	*
Curcumin (Turmeric Root) (<i>Curcuma longa</i>)	100 mg	*
MSM (methylsulfonylmethane)	100 mg	*
Resveratrol (from <i>Polygonum cuspidatum</i>) (Tiger cane) (root) (min. 25.5 mg <i>trans</i> -resveratrol)	25 mg	*
SDG Lignans Flaxseed Extract (<i>Linum usitatissimum</i>) (from LinumLife® Extra)	20 mg	*
Boron (as boron citrate)	3 mg	*

* Daily Value not established.

Other Ingredients: Cellulose, stearic acid (vegetable source), silicon dioxide, magnesium stearate (vegetable source) and a food grade coating.

Contains: Soy (in trace amounts).

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