

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.

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 also 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®**.

Suitable for vegetarians/vegans.
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.

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

Supplement Facts

Serving Size 6 Tablets

Servings Per Container 20

	Amount Per Serving	% DV
Vitamin C (as calcium ascorbate)	200 mg	333%
Vitamin D ₂ (ergocalciferol)	1000 IU	250%
Natural MK-7 (vitamin K ₂ as menaquinone-7)	45 mcg	56%
Calcium (as calcium citrate)	1000 mg	100%
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%
Boron (as boron citrate)	3 mg	*

* Daily Value not established.

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

Mineral amounts are elemental.

Contains: Soy (in trace amounts).

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

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PROD # 104002



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