

SUGGESTED USE: Adults take 2 tablets 3 times a day (for a total of 6) with meals to facilitate maximum absorption, or as directed by your qualified healthcare professional.

Vegetarian/Vegan BoneUp® provides calcium citrate, a vegetarian/vegan source of the essential mineral calcium, and a form that has demonstrated superior absorption.* Also formulated with vitamin K₂, a more bioavailable form of vitamin K, combined with vitamin D₂ to support the mineralization of calcium 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.

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

**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.**



12122VBU
PROD # 104002

**EASY
SOLV**

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Lot #. Best Used Before:

**Jarrow
FORMULAS®**

Vegetarian
BoneUp®

BONE HEALTH

1000 MG OF CALCIUM
PER DAY

Supports bone density*



gluten free

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 ₂ (as Ergocalciferol) (from <i>Saccharomyces cerevisiae</i> Nutritional Yeast)	8.3 mcg (333 IU)	42%
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: Microcrystalline cellulose, stearic acid (vegetable source), croscarmellose sodium, hydroxypropylcellulose, magnesium stearate (vegetable source), silicon dioxide and coating (hydroxypropylmethylcellulose, glycerin).

Distributed by Jarrow Formulas, Inc.
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Do not use if safety seal is damaged or missing.

APPROX. FILL LINE
No wheat, gluten, soybeans, dairy, egg, fish/shellfish, peanuts/tree nuts or sesame.