

Suggested Use: Take four (4) capsules per day, two (2) capsules in the morning and two (2) capsules in the evening or as directed by your healthcare practitioner.

CAUTION: Vitamin K2 may counteract the effects of anticoagulation therapy, and therefore is not recommended for patients on blood-thinning medications.

- Keep out of reach of children
- Do not use if seal is broken or missing
- Store in a cool dry place



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† 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.



TrueOsteoTM

With Stress Support

Plant Based Bone Support[†]

Dietary Supplement
120 Veggie Capsules

Supplement Facts

Serving Size: 2 Capsules
Servings per Container: 60

	Per Serving (2 capsules)		Per Day (4 capsules)	
	Amount	% Daily Value	Amount	% Daily Value
Vitamin D (as vitamin D3 cholecalciferol from organic algae) (VegD3®)	12.5 mcg	63%	25 mcg	125%
Calcium	360 mg	28%	720 mg	55%
Magnesium	30 mg	7%	60 mg	14%
AlgaeCal® (<i>Algas calcareas.sp</i>)	1,285 mg	*	2,570 mg	*
SENSORIL® (<i>Withania somnifera</i>) (ashwagandha root and leaf extract)	125 mg	*	250 mg	*
Organic bamboo shoot extract (75% silica) (Orgen-Si®)	10 mg	*	20 mg	*
Boron (as boron amino acid chelate)	1 mg	*	2 mg	*
Vitamin K2 (as menaquinone-7) (MenaQ7® CryoCap™ chickpea extract)	90 mcg	*	180 mcg	*

* Daily value not established.

Other ingredients: Hypromellose, microcrystalline cellulose, stearic acid, medium chain triglycerides, silica and rice flour.

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900 Broken Sound Pkwy NW, Boca Raton, FL 33487

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