

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.



TrueOsteo™

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	*
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: Microcrystalline cellulose, hypromellose, stearic acid, medium chain triglycerides, silica and rice flour.

Manufactured for and Distributed by: NatureCity®
990 S. Rogers Circle, Boca Raton, FL 33487

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