

USAGE: Take 3 capsules per day with meals, preferably 1 capsule with each meal 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.

Bone-Up® provides ossein **MicroCrystalline HydroxyApatite (MCHA)** Complex (from free-range New Zealand calves), which includes the superior combination of the inorganic calcium lattice of MCHA within an organic protein milieu. MCHA has been clinically demonstrated not to disproportionately spike calcium blood levels as do other forms of calcium such as carbonate and citrate. The MCHA is combined with vitamin D₃ and vitamin K₂ as MK-7 from natural fermentation to support the proper deposition of calcium and maintain the integrity of calcium as part of the bone matrix, thereby supporting cardiovascular and arterial health.*

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.

Lot #: Best Used Before:

Jarrow
FORMULAS®



Superior Skeletal Support*

BONE-UP®

THREE PER DAY

**Microcrystalline Hydroxyapatite
& Natural MK-7**

**Promotes Bone Density*
Supports Cardiovascular Health***

90
CAPSULES

**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 3 Capsules

Servings Per Container 30

	Amount Per Serving	% DV
Vitamin C (as ascorbic acid)	100 mg	167%
Vitamin D ₃ (cholecalciferol)	1000 IU	250%
Natural MK-7 (vitamin K ₂ as menaquinone-7)	45 mcg	56%
Calcium (elemental) (from microcrystalline hydroxyapatite)	1000 mg	100%
Magnesium (as magnesium oxide)	350 mg	88%
Zinc (L-OptiZinc®) (as zinc L-monomethionine)	10 mg	67%
Copper (as copper gluconate)	1 mg	50%
Manganese (as manganese citrate)	1 mg	50%
Boron (as boron citrate)	3 mg	*

* Daily Value not established.

Other Ingredients: Magnesium stearate (vegetable source) and silicon dioxide. Capsule consists of gelatin.

Mineral amounts are elemental.

Contains: Soy (in trace amounts).

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

Actual Capsule Size

01414BUTPD PROD # 104806



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