

VITAMIN CODE[®]

Reduce the risk of Osteoporosis^{††} and strengthen your bones and teeth[†] with **Grow Bone Calcium**, a unique **WHOLE FOOD PLANT CALCIUM** formula.

- ▶ Reduce the Risk of Osteoporosis^{††}
- ▶ Support Joint Health and Flexibility[†]
- ▶ Easy to Swallow Vegetarian Capsules
- ▶ Plant-Based Calcium Formula

Make **Grow Bone Calcium** an integral part of your daily bone health regimen, including a calcium-rich diet and regular exercise.

^{††}Regular exercise and a healthy diet with enough Calcium and vitamin D helps you maintain good bone health and may reduce the risk of osteoporosis later in life.

[†]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.



VITAMIN CODE[®]

GROW BONE CALCIUM

WHOLE FOOD PLANT FORMULA
CALCIUM, MAGNESIUM, VITAMINS D3 & K2 MK-7

REDUCES OSTEOPOROSIS RISK^{††}
HELPS INCREASE BONE STRENGTH[†]



120 VEGETARIAN CAPSULES **WHOLE FOOD DIETARY SUPPLEMENT** ★

Suggested Use: Adults take 4 capsules during the day. Not intended for children.

Supplement Facts

Serving Size 4 Capsules
Servings Per Container 30

	Amount Per Serving	% Daily Value
Vitamin C (as ascorbic acid)	50 mg	56%
Vitamin D (as D3 cholecalciferol from nutrient media)	40 mcg (1,600 IU)	200%
Calcium (from organic algae [Algas calcareas, Lithothamnium spp.]	756 mg	58%
Magnesium (from algae [Lithothamnium sp.] and magnesium oxide)	386 mg	92%
Vitamin K2 menaquinone-7 (MK-7)	100 mcg	+
Boron (from Brown Rice Chelate)	3 mg	+
Raw Organic Fruit & Vegetable Blend	360 mg	+
Organic Apple (fruit), Organic Strawberry (fruit), Organic Cherry (fruit), Organic Beet (root), Organic Broccoli (stalk & flower), Organic Carrot (root), Organic Spinach (leaf), Organic Tomato (fruit), Organic Blackberry (fruit), Organic Blueberry (fruit), Organic Raspberry (fruit), Organic Green Bell Pepper (fruit), Organic Brussels Sprout (leaf), Organic Ginger (root), Organic Garlic (bulb), Organic Green Onion (bulb), Organic Parsley (leaf), Organic Cauliflower (flower & stem), Organic Red Cabbage (leaf), Organic Kale (leaf), Organic Cucumber (gourd), Organic Celery (stalk), Organic Asparagus (flower & stem)		
Raw Probiotic & Enzyme Blend	64 mg	+
Lipase, Protease, Aspergillopepsin, beta-Glucanase, Cellulase, Bromelain, Phytase, Lactase, Papain, Peptidase, Pectinase, Hemicellulase, Xylanase, [Lactobacillus bulgaricus Lb-87, Lactobacillus plantarum Lp-115] (500 Million CFU)*		

+ Daily Value not established.

Other ingredients: Vegetable cellulose (capsule), organic rice bran extract, organic rice hull, organic gum arabic, organic sunflower oil, **nutrient media** (Saccharomyces cerevisiae, gum arabic, pea protein).

*At time of expiration.

CAUTION: As with any dietary supplement, consult your healthcare practitioner before using this product, especially if you are pregnant, nursing, giving product to children, anticipate surgery, take medication on a regular basis or are otherwise under medical supervision.

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

Made without dairy ingredients, peanut, tree nuts or shellfish. Manufactured in a facility that also processes soy, dairy, tree nuts and shellfish.

Package size is determined by labeling information, not the number of servings in this container. The serving size and contents are clearly marked.

VEGETARIAN
GLUTEN FREE



Distributed by Garden of Life LLC
4200 Northcorp Parkway, Palm Beach Gardens, FL 33410 USA
Made in the U.S.A. from foods grown in the U.S.A. and other countries.
© 2014 Garden of Life LLC www.gardenoflife.com
VCCALK120L-021623