

Amount per Serving		% DV†
Copper (as copper gluconate)	2 mg	222%
Manganese (as manganese aspartate)	7 mg	304%
Molybdenum (as sodium molybdate)	50 mcg	111%
Sodium	5 mg	<1%
Betaine HCl	20 mg	**
Silicon (as silicon dioxide)	5 mg	**
Boron (as boron aspartate, rice protein, citric acid complex)	3 mg	**
Vitamin K2 (from MenaQ7® Vitamin K2)	45 mcg	**

†Percent Daily Values (DV) are based on a 2,000 calorie diet.

**Daily Value not established.

Other ingredients: cellulose, sodium croscarmellose, stearic acid, magnesium stearate, hypromellose, glycerin

Keep out of reach of children. Safety sealed with inner seal. Do not use if seal is broken or missing. Keep tightly closed. Store at room temperature. Avoid excessive heat and direct sunlight.

No wheat, dairy, gelatin, or artificial colors.

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Bottled and tested in the USA

Questions? 1-800-962-8873 / naturesway.com



BOTTLE MADE FROM 50% POST-CONSUMER RECYCLED PLASTIC

MenaQ7
NATURAL VITAMIN K2 AS MK-7

◆ LH07712.G01 BLK771G

MenaQ7® is a registered trademark of Lesaffre et Compagnie, France.

Quatrefolic® is a registered trademark of Gnosis S.p.A. U.S. Patent No. 7,947,662.



*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

Nature's
way

OsteoPrime® Plus

Calcium & Magnesium

Physician Formulated by Alan Gaby, M.D.

With Vitamin D3



Supports Bone Health and
Muscle Function*

120 TABLETS - DIETARY SUPPLEMENT

Recommendation: Adults take 4 tablets daily with food. Do not exceed recommended dose. **Warning:** Do not take if you are pregnant or nursing. If you have a blood clotting issue, or if you are taking any medications, consult a healthcare professional before use.

Supplement Facts

Serving Size 4 Tablets / Servings per Container 30

Amount per Serving		% DV†
Calories	10	
Total Carbohydrate	2 g	1%†
Vitamin C (ascorbic acid)	120 mg	133%
Vitamin D3 (as cholecalciferol)	20 mcg	100%
Vitamin K1 (as phytonadione)	300 mcg	250%
Thiamin (as thiamin HCl)	20 mg	1,667%
Riboflavin (as vitamin B2, riboflavin-5'-phosphate)	20 mg	1,538%
Niacin (as niacinamide)	50 mg	313%
Vitamin B6 (as pyridoxine HCl, pyridoxal-5'-phosphate)	20 mg	1,176%
Folate	800 mcg DFE	200%
	(420 mcg Folic Acid) (104 mcg Quatrefolic® brand (6S)-5-methyl-tetrahydrofolate glucosamine salt)	
Vitamin B12 (as cyanocobalamin, methylcobalamin)	50 mcg	2,083%
Pantothenic Acid (as calcium D-pantothenate)	20 mg	400%
Calcium (as calcium carbonate, tribasic calcium phosphate, calcium lactate, calcium citrate)	800 mg	62%
Phosphorus (as tribasic calcium phosphate)	128 mg	10%
Magnesium (as magnesium oxide, aspartate)	300 mg	71%
Zinc (as zinc picolinate)	20 mg	182%
Selenium (as sodium selenite)	100 mcg	182%