



PLEASE HELP US IN OUR MISSION;
RECYCLE THIS BOX & BOTTLE AFTER USE.

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product news, recipes, giveaways and more!

Tag us for a chance to be featured.

@CountryLifeVitamins



Looking for joint support?^,
also try...

FLEX-ABLE® ADVANCED:

- Includes three clinically studied ingredients
- Increases joint mobility, comfort, and flexibility^†
- Supports overall joint health^

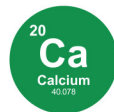
†Based on human clinical studies with UC-II® collagen.

Bone Solid®

Specially formulated with a unique natural form of calcium as well as other minerals that your body recognizes as similar to its own natural bone composition.^



Microcrystalline hydroxyapatite (MCHA) is a form of calcium phosphate that is identical to the body's own natural bone composition. 90% of the body's calcium is stored in the bones in this form.^



Adequate calcium throughout life, as part of a well-balanced diet, may reduce the risk of osteoporosis.



Important nutrients; Vitamin K and D3 aid in bone formation, play a proper role in bone metabolism, and also protect bones.^



A patented form of Boron that may help support bone health.^

^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.

Did you know?

At age 30, whether you are a man or a woman, you will begin to lose bone density year after year. An important step is to replenish and increase your body's intake of calcium, and vitamins K & D3 with Bone Solid's triple action approach.

Triple Action Approach

1 Clinically shown to increase mineral utilization:
Provided by Microcrystalline hydroxyapatite (MCHA) which is identical to the body's natural bone composition.^

2 Strengthen bones:
Combination of MCHA, and vitamins K & D3 build and protect bones.^

3 Supports bone metabolism and health:
Bone is regenerated in the body and goes through a metabolic process. Vitamins K and D3, Magnesium, Phosphorus, Zinc and Manganese are all important for bone health.^

YES	CERTIFIED GLUTEN-FREE BY GFCO.ORG	NO	YEAST OR WHEAT
YES	RECYCLABLE PACKAGING	NO	SOY OR MILK
YES	MANUFACTURING SUPPORTS WIND POWER	NO	PRESERVATIVES
		NO	ARTIFICIAL COLORS, FLAVORS OR SWEETENERS

At Country Life, integrity is our #1 ingredient. Every product is rigorously tested to ensure it measures up against Country Life's 5 Integrity Standards: 1) authenticity of ingredients; 2) cleanliness of ingredients; 3) freshness of ingredients; 4) consistency of the formula; and 5) accuracy of labeling.

Go to CountryLifeVitamins.com to learn more.

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• TRIPLE ACTION •

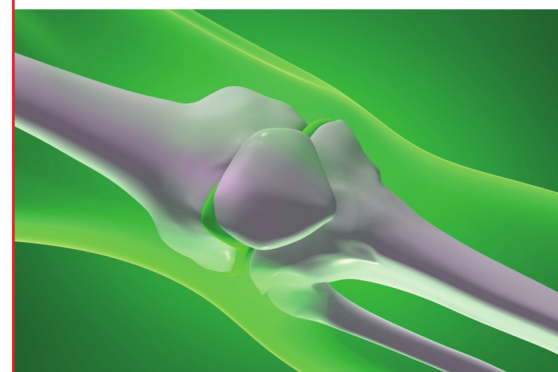
BONE SOLID®

Certified Gluten-Free

With Patented **FruiteX-B** and
Clinically Studied MCHA & Vitamin K

Clinically shown to:

- 1 Increase Mineral Utilization^
- 2 Strengthen Bones^
- 3 Support Bone Metabolism^



Dietary Supplement 180 Capsules

— Our PLEDGE of INTEGRITY —
AUTHENTICITY • CLEANLINESS • FRESHNESS
CONSISTENCY • ACCURACY

Directions: Adults take three (3) capsules twice daily with food (for a total of 6 per day). Do not exceed recommended dose. As a reminder, discuss the supplements and medications that you take with your health care providers.

Supplement Facts

Serving Size 6 capsules	
Servings Per Container 30	
Amount Per Serving	% Daily Value
Protein	1 g 2%*
Vitamin C (from ascorbic acid, potassium ascorbate, calcium ascorbate, magnesium ascorbate, zinc ascorbate, manganese ascorbate, copper ascorbate, chromium ascorbate)	100 mg 111%
Vitamin D (D3) (as cholecalciferol - from Lanolin)	25 mcg (1,000 I.U.) 125%
Vitamin K (as phytonadione (K1))	120 mcg 100%
Calcium (from microcrystalline hydroxyapatite, tricalcium phosphate, calcium fructoborate, calcium ascorbate)†	1,011 mg 78%
Phosphorus (from microcrystalline hydroxyapatite, tricalcium phosphate)†	500 mg 40%
Magnesium (from magnesium oxide, ascorbate, aspartate, citrate, taurinate)†	500 mg 119%
Zinc (from zinc citrate, zinc ascorbate)†	11 mg 100%
Proprietary Blend:	4,425 mg (4.42 g) **
Includes:	
MCHA (microcrystalline hydroxyapatite)	
Calcium Fructoborate (FruiteX-B®) (providing 6 mg Boron)	
Menaquinone (K2) MK-7	

* Percent Daily Values are based on a 2,000 calorie diet.
** Daily Value not established.

Other Ingredients: Cellulose (capsule shell), cellulose, stearic acid, vegetable magnesium stearate, silica.

† Country Life always labels minerals in elemental weight.

CAUTION: If you are pregnant or nursing, taking medication (especially anti-coagulants, blood thinners), have a medical condition or planning surgery, consult a doctor before using this product. Stop using and consult a doctor if any adverse reactions occur.

See box for Lot No. and Best by date information.

Do not accept if seal is broken. Store in a dry place between 59°- 86° F. Keep out of the reach of children.

FruiteX-B® is a trademark of VDF FutureCeuticals, Inc. Pat. Fcpatent.com

FruiteX-B

This product has been manufactured at a GMP Registered facility.

Manufactured by Country Life, LLC
180 Vanderbilt Motor Parkway,
Hauppauge, NY 11788 (USA)
CountryLifeVitamins.com
Product No. 5033

