

USAGE: Mix 1 heaping scoop into tepid water or other fluids such as juice or protein shake and drink promptly. Or take as directed by your qualified healthcare professional. Take with food for best absorption. Each serving contains 50% of recommended daily intake for calcium. Two servings per day provides 100% of average calcium requirement.

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® Powder utilizes ossein **MicroCrystalline HydroxyApatite** (MCHA) Complex (from free-range New Zealand calves), which is the bone's original tricalcium phosphate in a matrix of collagen and related proteins. **Bone-Up® Powder** also contains vitamin D₃, vitamin K₂ (as MK-7 from natural fermentation [a more bioavailable form of vitamin K]) and JarroSil® Activated Silicon® (a highly-bioavailable form of silicon) to support the proper deposition of calcium and maintenance of bone health.* Potassium citrate, a systemic alkalizer, is also added for optimal osteo support.*

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.

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.

Distributed Exclusively by:
Jarrow FORMULAS®
Superior Nutrition and Formulation™
P.O. Box 35994
Los Angeles, CA 90035-4317
www.Jarrow.com



Lot #: Best Used Before:

Jarrow
FORMULAS®

Powder Drink Mix

BONE-UP®

Microcrystalline Hydroxyapatite, Potassium Citrate, Natural MK-7,
JarroSil® Activated Silicon®

Promotes Bone Density*

NET WEIGHT

13.3 oz (376 g)
POWDER

DIETARY
SUPPLEMENT



NATURAL ORANGE FLAVOR

Supplement Facts

Serving Size 1 Heaping Scoop (Approx. 6.3 g)
Servings Per Container Approx. 60

	Amount Per Serving	% DV
Calcium (elemental) (from MicroCrystalline Hydroxyapatite)	500 mg	50%
Magnesium (as magnesium citrate)	125 mg	30%
Vitamin C (as ascorbic acid)	50 mg	80%
Potassium (as potassium citrate)	50 mg	2%
Manganese (as manganese citrate)	0.25 mg	15%
Vitamin D ₃ (cholecalciferol)	250 IU	60%
Natural MK-7 (vitamin K ₂ as menaquinone-7)	11 mcg	15%
Boron (as boron citrate)	0.75 mg	*
Silicon (JarroSil® Activated Silicon® formula of molecular clusters of stabilized silicic acid)	1.5 mg	*

* Daily Value not established.

Other Ingredients: Erythritol, citric acid, natural orange flavor, beta-carotene (for coloring) and organic rebiana (stevia) extract.

Mineral amounts are elemental.

Contains: Soy (in trace amounts from MK-7 fermentation).

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

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