

USAGE: Take 3 capsules twice per day with meals, preferably dividing the number of capsules equally with each meal (for a total of 6) to facilitate maximum absorption or as directed by your qualified health care consultant.

NOTE: If you have a medical condition, are pregnant, lactating, trying to conceive, or taking medications (especially warfarin/Coumadin), consult your health care practitioner before using this product.

BONE-UP® provides ossein hydroxyapatite complex (OHC) (from free-range Australian/New Zealand calves), which includes the superior combination of the inorganic calcium lattice of microcrystalline hydroxyapatite (MCHA) within an organic protein milieu. The OHC is combined with vitamin D₃ and vitamin K₂ as MK-7 from natural fermentation (a more bioavailable form of vitamin K) to support the deposition of calcium into the bones as well as to assist in building up the organic bone matrix.* Potassium citrate 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. 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.



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PROD # 104001

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Jarrow FORMULAS® **BONE-UP®**

SUPERIOR CALCIUM FORMULA
Microcrystalline Hydroxyapatite
Potassium Citrate & Natural MK-7



— NOW WITH —
**MORE
VITAMIN K₂**

Promotes Bone Density*
120 Capsules
Dietary Supplement

Supplement Facts

Serving Size 6 Capsules

Servings Per Container 20

	Amount Per Serving	% DV
Vitamin C (as calcium ascorbate)	200 mg	333%
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)	500 mg	125%
Zinc (L-OptiZinc®) (as zinc L-monomethionine)	10 mg	67%
Copper (as copper gluconate)	1 mg	50%
Manganese (as manganese citrate)	1 mg	50%
Potassium (as potassium citrate)	99 mg	3%
Boron (as boron citrate)	3 mg	*

* Daily Value not established.

Other Ingredients: Maltodextrin, 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.

Distributed Exclusively by:

Jarrow FORMULAS®

Superior Nutrition and Formulation™

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Lot #: Best Used Before: