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 milleu. 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 or otimal 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**®.

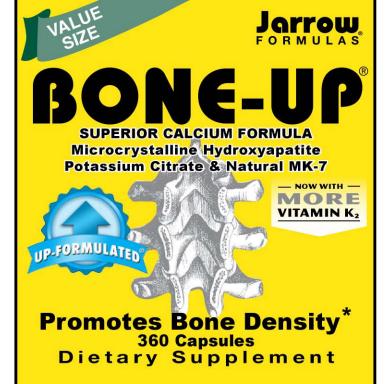
Keep out of the reach of children.

* 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.



01212BU360 PROD # 104805

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Supplement Facts Serving Size 6 Capsules Servings Per Container 60 Amount Per Serving Vitamin C (as calcium ascorbate) 200 ma 333% Vitamin D₃ (cholecalciferol) 1000 IU 250% Natural MK-7 (vitamin K₂ as menaguinone-7) 45 mcg 56% Calcium (elemental) 1000 ma 100% (from microcrystalline hydroxyapatite) 500 mg 125% Magnesium (as magnesium oxide) Zinc (L-OptiZinc®) (as zinc L-monomethionine) 10 mg 67% 50% Copper (as copper gluconate) 1 mg 50% Manganese (as manganese citrate) 1 mg Potassium (as potassium citrate) 99 ma Boron (as boron citrate) 3 mg

Other Ingredients: Maltodextrin, magnesium stearate (vegetable source) and silicon dioxide. Capsule consists of gelatin.

Mineral amounts are elemental.

* Daily Value not established

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®

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Lot #. Best Used Before: