

USAGE: Take 3 capsules per day with meals, preferably 1 capsule with each meal 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.*

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.

10411BUTPD
PROD # 104806

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



© 2011 **Jarrow FORMULAS®**

Jarrow
FORMULAS®

BONE-UP®

THREE PER DAY

SUPERIOR CALCIUM FORMULA
Microcrystalline Hydroxyapatite
Natural MK-7



— NOW WITH —
MORE
VITAMIN K₂

Promotes Bone Density*
90 Capsules
Dietary Supplement

Supplement Facts

Serving Size 3 Capsules

Servings Per Container 30

	Amount Per Serving	% DV
Vitamin C (as ascorbic acid)	100 mg	167%
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)	350 mg	88%
Zinc (L-OptiZinc®) (as zinc L-monomethionine)	10 mg	67%
Copper (as copper gluconate)	1 mg	50%
Manganese (as manganese citrate)	1 mg	50%
Boron (as boron citrate)	3 mg	*

* Daily Value not established.

Other Ingredients: 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.

Actual Capsule Size

Lot #. Best Used Before: