

**Suggested Usage:** Take 4 capsules daily, preferably in divided doses, with food.

Microcrystalline Hydroxyapatite (MCHA) is a compound that normally makes up the crystalline matrix of bone and teeth and is the substance that gives them their rigidity.\* MCHA contains highly absorbable Calcium and Phosphorus, which are the major mineral components of bone.\* NOW® Bone Strength™ is a comprehensive bone support product with MCHA.\* It also provides Magnesium and other important minerals, as well as Vitamins C, D, and K to aid in the synthesis and maintenance of bone tissue.\* NOW® Microcrystalline Hydroxyapatite (MCHA) is derived exclusively from Australian cattle.

\*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.

**Caution:** For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

Do not eat freshness packet. Keep in bottle.  
Natural color variation may occur in this product.  
Store in a cool, dry place after opening.  
Please Recycle.

CODE 1229B V10



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CAPSULE SIZE



# Bone Strength™

Supports Bone Health\*

- MCHA for Bone & Teeth Strength\*
- With Vitamins and Minerals for Comprehensive Support\*

**240 Capsules**

A Dietary Supplement

Minerals

Family owned since 1968.

## Supplement Facts

Serving Size 4 Capsules Servings Per Container 60

|                                                            | Amount Per Serving | % Daily Value |
|------------------------------------------------------------|--------------------|---------------|
| Calories                                                   | 5                  |               |
| Protein (from MCHA and Amino Acid Chelates)                | 1 g                | 2%*           |
| Vitamin C (from Magnesium Ascorbate)                       | 133 mg             | 148%          |
| Vitamin D-3 (as Cholecalciferol)                           | 16.68 mcg (667 IU) | 83%           |
| Vitamin K-2 (as Menaquinone-4) (MK-4)                      | 67 mcg             | 56%           |
| Thiamin (Vitamin B-1) (from Thiamin HCl)                   | 3 mg               | 250%          |
| Calcium (from MCHA)                                        | 667 mg             | 51%           |
| Phosphorus (from MCHA)                                     | 287 mg             | 23%           |
| Magnesium (from Magnesium Oxide and Ascorbate)             | 400 mg             | 95%           |
| Zinc (from Zinc Amino Acid Chelate)                        | 7 mg               | 64%           |
| Copper (from Copper Amino Acid Chelate)                    | 0.7 mg             | 78%           |
| Manganese (from Manganese Amino Acid Chelate)              | 2 mg               | 87%           |
| Horsetail Herb ( <i>Equisetum arvense</i> ) (Aerial Parts) | 67 mg              | †             |
| Boron (from Boron Amino Acid Chelate)                      | 467 mcg            | †             |

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

Other ingredients: Bovine Gelatin (capsule), Magnesium Stearate (vegetable source), Silica, Glucosamine Potassium Sulfate Complex, Stearic Acid (vegetable source) and Cellulose.

Contains shellfish (crab, shrimp, lobster, crayfish).

NOW FOODS, 395 S. Glen Ellyn Rd.  
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Not manufactured with wheat, gluten, soy, milk, egg or fish ingredients.  
Produced in a GMP facility that processes other ingredients containing these allergens.

MCHA = Microcrystalline Hydroxyapatite

