

**USAGE:** Take 3 tablets twice per day with meals, preferably dividing the number of tablets equally with each meal (for a total of 6) to facilitate maximum absorption or as directed by your qualified health care consultant. **Easy-Solv**® tablets are designed to disintegrate within several minutes of ingestion.

**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.

**VEGETARIAN/VEGAN Bone-Up**® provides calcium citrate, a vegetarian/vegan source of the essential mineral calcium and a form that has demonstrated superior absorption. Also, **VEGETARIAN/VEGAN Bone-Up**® is formulated with vitamin K<sub>2</sub> as MK-7 from natural fermentation (a more bioavailable form of vitamin K) and vitamin D<sub>2</sub> 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.



11511VBU  
PROD # 104002

Lot #. Best Used Before:

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# Jarrow FORMULAS® **Bone-Up**®

## VEGETARIAN/VEGAN FORMULA with Calcium Citrate



**Promotes Bone Density\***  
**120 Easy-Solv® Tablets**  
**Dietary Supplement**

## Supplement Facts

Serving Size 6 Tablets

Servings Per Container 20

|                                                        | Amount Per Serving | % DV |
|--------------------------------------------------------|--------------------|------|
| Vitamin C (as calcium ascorbate)                       | 200 mg             | 333% |
| Vitamin D <sub>2</sub> (ergocalciferol)                | 1000 IU            | 250% |
| Natural MK-7 (vitamin K <sub>2</sub> as menaquinone-7) | 45 mcg             | 56%  |
| Calcium (as calcium citrate)                           | 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: Cellulose, stearic acid (vegetable source), magnesium stearate (vegetable source) and silicon dioxide.

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<sup>SM</sup>  
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