Activated Selenium

BioSil (Orthosilicic Acid)

Bone-Up (capsules)

Vegetarian Bone-Up (tablets)

Ultra Bone-Up

Cal-Mag-D

Chromium GTF

Ipriflavone 200

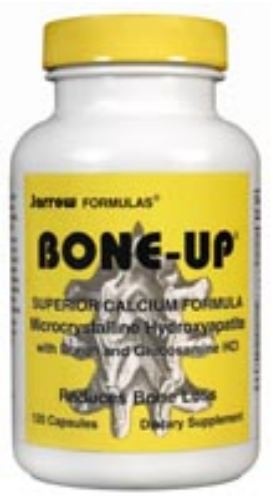
IronSorb

Magnesium Optimizer

Mineral Balance

Zinc Balance 15

Bone-Up®





Superior Calcium Formula Microcrystalline Hydroxyapatite with Boron and Glucosamine HCl

120 Capsules Prod # 04001

240 Capsules Prod # 04003

Mad Cow Concerns?

USAGE: Take 1 to 6 capsules per day with meals, preferably dividing the number of capsules equally with each meal to facilitate maximum absorption, or as directed by your qualified health consultant. Do not use if allergic to shellfish.

HEALTH CLAIM: Regular, weight-bearing exercise and a healthy diet with

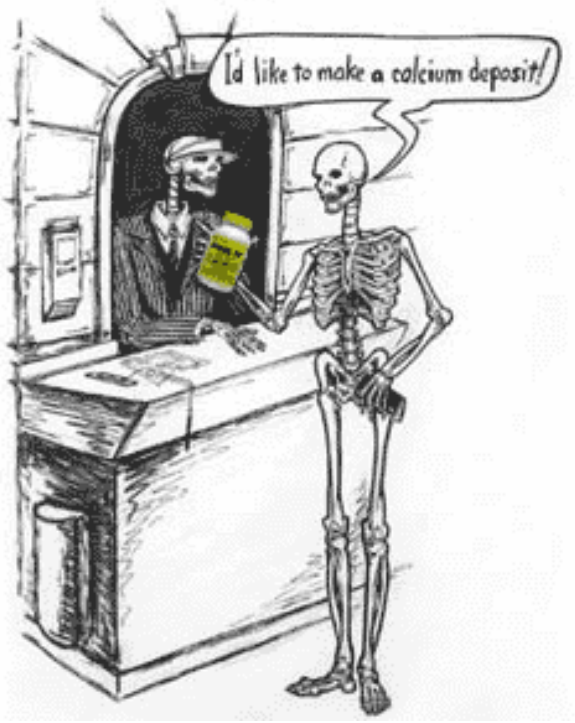
adequate calcium, including from BONE-UP® helps teen and young adult women build bone mass and maintain bone health and may reduce their risk of osteoporosis later in life. Daily calcium intake above 2,000 mg is not likely to provide additional benefit. Adequate calcium intake is also linked to reduced osteoporosis by slowing bone loss in older men and women.

100% OF CALCIUM FROM MICROCRYSTALLINE HYDROXYAPATITE (MCHA) FROM AUSTRALIAN BOVINE BONE. Also, BONE-UP® is formulated with MK-7 (an advanced form of Vitamin K2), Methylcobalamin (Methyl B12), and Glucosamine.

For best results use with Jarrow FORMULAS® BioSil™
the Biologically Active 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.



SUPPLEMENT FACTS

Serving Size 6 Capsules

	Amount	% DV
Vitamin C (Ascorbic Acid)	200 mg	333%
Vitamin D3 (Cholecalciferol)	500 IU	125%
Vitamin K1 (Phylloquinone)	100 mcg	125%
MK-7 (Vitamin K2 as Menaquinone-7)	10 mcg	13%
Folic Acid	400 mcg	100%
Methylcobalamin (Methyl B12)	100 mcg	1667%
Microcrystalline Hydroxyapatite (MCHA)	4762 mg	*
Calcium (from MCHA)	1000 mg	100%
Phosphorus (from MCHA)	510 mg	50%
Protein (from MCHA)	1514 mg	3%
Magnesium (as Oxide)	600 mg	150%
Zinc (as Monomethionate)	10 mg	67%
Copper (as Gluconate)	1 mg	50%
Manganese (as Citrate)	1 mg	50%
Glucosamine HCI	300 mg	*
Boron (from Citrate)	3 mg	*

% DV for age 12 and older.

* Daily Value not established.

Other Ingredients: Magnesium stearate and silicon dioxide. Mineral amounts are elemental. Capsule consists of gelatin.

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