

**USAGE:** Take 1 capsule three times per day with meals, (for a total of 3) to facilitate maximum absorption, or as directed by your qualified healthcare professional.

**NOTE:** If you have a medical condition, are pregnant, lactating, trying to conceive, or taking medications (especially warfarin/Coumadin), consult your healthcare professional before using this product.

**Bone-Up®** provides StimuCal™ ossein **MicroCrystalline HydroxyApatite** (MCHA) (from free-range New Zealand calves), which includes the superior combination of the inorganic calcium lattice of MCHA within an organic protein milieu. StimuCal™ is rich in native type I collagen—the predominant protein found in bone—and has been clinically demonstrated not to disproportionately spike calcium blood levels as do other forms of calcium, such as the carbonate and citrate salt forms. StimuCal™ is combined with vitamin D<sub>3</sub> and vitamin K<sub>2</sub> (as MK-7 from natural fermentation [a more bioavailable form of vitamin K]) to support the proper deposition of calcium into the bones, as well as assist in building up the bone matrix.\* Bone Up® also supports cardiovascular and arterial health.\*

**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.

Lot #. Best Used Before:

**Jarrow**  
FORMULAS®



Superior Skeletal Support\*

**BONE-UP**®

**THREE PER DAY**

StimuCal™ Microcrystalline Hydroxyapatite  
& Natural MK-7

StimuCal™  
WITH BONE STIMULATING PROTEIN

Promotes Bone Density\*  
Supports Cardiovascular Health\*

**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	170%
Vitamin D <sub>3</sub> (cholecalciferol)	1000 IU	250%
Natural MK-7 (vitamin K <sub>2</sub> as menaquinone-7)	45 mcg	60%
Calcium ( <b>elemental</b> ) (from StimuCal™ Microcrystalline Hydroxyapatite)	1000 mg	100%
Magnesium (as magnesium oxide)	350 mg	90%
Zinc (L-OptiZinc®) (as zinc L-monomethionine)	10 mg	70%
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.

StimuCal™ is a registered trademark of PharmaZen Ltd., and is patent pending.

**Actual Capsule Size**

Distributed Exclusively by:

**Jarrow FORMULAS®**

Superior Nutrition and Formulation™

P.O. Box 35994

Los Angeles, CA 90035-4317

[www.Jarrow.com](http://www.Jarrow.com)

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