

**USAGE:** Take 2 tablets three times per day (for a total of 6) with meals 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.

**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 a systemic alkalizer 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®**.

Suitable for vegetarians/vegans.  
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®



Vegetarian / Vegan Formula  
with Calcium Citrate

**BONE-UP®**

Promotes Bone Density\*

**120**  
TABLETS

DIETARY  
SUPPLEMENT



## Supplement Facts

Serving Size 6 Tablets

Servings Per Container 20

	Amount Per Serving	% DV
Vitamin C (as calcium ascorbate)	200 mg	330%
Vitamin D <sub>2</sub> (ergocalciferol) (from <i>Saccharomyces cerevisiae</i> nutritional yeast)	1000 IU	250%
Natural MK-7 (vitamin K <sub>2</sub> as menaquinone-7)	45 mcg	60%
Calcium (as calcium citrate)	1000 mg	100%
Magnesium (as magnesium oxide)	500 mg	130%
Zinc (L-OptiZinc®) (as zinc L-monomethionine)	10 mg	70%
Copper (as copper gluconate)	1 mg	50%
Manganese (as manganese citrate)	1 mg	50%
Potassium (as potassium citrate)	99 mg	4%
Boron (as boron citrate)	3 mg	†

† Daily Value not established.

Other Ingredients: Cellulose, stearic acid (vegetable source), yeast (inactivated *Saccharomyces cerevisiae* [source of vitamin D<sub>2</sub>]), magnesium stearate (vegetable source), silicon dioxide and a food grade coating.

Mineral amounts are elemental.

**Contains:** Soy (in trace amounts).

No wheat, no gluten, no dairy, no egg,  
no fish/shellfish, no peanuts/tree nuts.

01216VBU

PROD # 104002



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)

© 2016 Jarrow FORMULAS®