

**USAGE:** Take 2 capsules 3 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.

**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 bone matrix, thereby maintaining skeletal integrity, as well as supporting cardiovascular and arterial health.\* 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**®.

Keep out of the reach of children.  
Store in a cool, dry place.

\* 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

StimuCal™ Microcrystalline Hydroxyapatite  
Potassium Citrate & Natural MK-7



Promotes Bone Density\*  
Supports Cardiovascular Health\*

**240**  
CAPSULES **DIETARY**  
SUPPLEMENT



## Supplement Facts

Serving Size 6 Capsules  
Servings Per Container 40

	Amount Per Serving	% DV
Vitamin C (as Calcium Ascorbate)	200 mg	220%
Vitamin D <sub>3</sub> (Cholecalciferol)	25 mcg (1,000 IU)	130%
Vitamin K <sub>2</sub> (as Natural MK-7 [Menaquinone-7])	45 mcg	40%
Calcium ( <b>Elemental</b> ) (from StimuCal™ Microcrystalline Hydroxyapatite)	1,000 mg	80%
Magnesium (as Magnesium Oxide)	500 mg	120%
Zinc (L-OptiZinc®) (as Zinc L-Methionine Sulfate)	10 mg	90%
Copper (as Copper Gluconate)	1 mg	110%
Manganese (as Manganese Citrate)	1 mg	40%
Potassium (as Potassium Citrate)	99 mg	2%
Boron (as Boron Citrate)	3 mg	†

† Daily Value not established.

Other Ingredients: Maltodextrin, magnesium stearate (vegetable source) and silicon dioxide. Capsule consists of bovine gelatin.

Mineral amounts are elemental.

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

No wheat, gluten, dairy, egg, fish/shellfish, or peanuts/tree nuts. StimuCal™ is a registered trademark of PharmaZen Ltd., and is patent pending.

Distributed Exclusively by:  
**Jarrow FORMULAS**®  
Superior Nutrition and Formulation<sup>SM</sup>  
Los Angeles, CA 90035-4317  
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