

## Bone Strength Take Care®

Evidence suggests that calcium from whole food sources may produce more favorable effects in bone health than isolated calcium supplements.\* Similar to most nutrients, the body can utilize calcium much more effectively when it is paired with its natural co-factors such as magnesium, natural Vitamin K2 (MK-7), Vitamin D3, and other trace minerals.

The calcium complex in **Bone Strength Take Care** is derived from a specific plant form called *Lithothamnion*, **harvested from pristine shores along the Icelandic coastline**. Much like organic vegetables, this sea plant is allowed to mature naturally and then harvested to deliver its optimal nutritional value.

The most common form of calcium supplement today is derived from limestone. **You don't eat rocks as part of your balanced diet so why would you choose to supplement your bone health nutritional needs with limestone?**

**New Chapter**® is proud to deliver a calcium complex derived from whole food that delivers these key essential nutrients in their safest, most active form within the infinite complexity of whole food.

**Caution:** As with any dietary or herbal supplement, you should advise your health care practitioner of the use of this product. For use with children or if you are nursing, pregnant, considering pregnancy, or taking Coumadin/Warfarin, you should consult your health care practitioner prior to using this product.

\* 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.

Formulated and distributed by  
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Please recycle this bottle after use.

# NEWCHAPTER®



BIOAVAILABLE  
WHOLE FOOD.  
NO  
LIMESTONE!

Plant Sourced  
Whole-Food Calcium

## BONE STRENGTH take care®

Whole-Food Calcium/Magnesium,  
Vitamin D<sub>3</sub> and Natural K<sub>2</sub> Complex

- Bone-strengthening calcium your body recognizes as food\*
- Easy to digest, Easy to swallow size

120 Tablets DIETARY SUPPLEMENT

## Supplement Facts

Serving size 3 Tablets (3000 mg)

Servings per container 40

Three tablets contain		%DV
Vitamin D3 †	1000 IU	250%
Vitamin K1 †	35 mcg	44%
Vitamin K2 (MK-7) (from MenaQ7™ §)	45 mcg	56%
Calcium (from Algae ‡)	770 mg	77%
Magnesium (from Algae ‡)	58 mg	14%
Strontium (from Algae ‡)	5 mg	•
Silica (from Algae ‡)	2 mg	•
Vanadium (from Algae ‡)	13 mcg	•

• Daily Value not established

† Nutrients are cultured in organic media that may contain: organic milled soy, organic yeast (*Saccharomyces cerevisiae*), organic maltodextrin, organic gum acacia, organic alfalfa powder, enzymes and *Lactobacilli* (*L. acidophilus*, *L. bifidus*, *L. rhamnosus*).

‡ Lithothamnion: *L. calcareum* and *L. corallioides*

**Other ingredients:** Organic barley grass, organic gum acacia, modified cellulose, silica, sunflower oil, and *Bacillus subtilis natto* extract.

**Contains:** Fermented soy. **Naturally gluten free.**

100% vegetarian; no artificial flavors or colors.

**Suggested Use:** Take 3 tablets with 8 oz. of water in the middle of a larger meal. For best results, take one tablet with lunch and two tablets with dinner daily.

§ MenaQ7™ is a trademark of NattoPharma, Norway. International patents pending.

MenaQ7  
NATTO PHARMA