

Supplement Facts

Serving Size 6 capsules Servings Per Container 30

Amount Per Serving	% Daily Value	
Protein 1 g		2%*
Vitamin C (as potassium ascorbate, calcium ascorbate, magnesium ascorbate, zinc ascorbate, manganese ascorbate, copper ascorbate, chromium ascorbate)	100 mg	167%
Vitamin D (D ₃) (as cholecalciferol - from Lanolin)	1,000 I.U.	250%
Vitamin K (as phytonadione (K1) and menaquinone (MenaQ7)(K2))	1,010 mcg	1,263%
Calcium (as microcrystalline hydroxyapatite, calcium fructoborate)†	1,011 mg	100%
Phosphorus (as microcrystalline hydroxyapatite)†	500 mg	50%
Magnesium (as magnesium oxide, ascorbate, alpha-ketoglutarate, aspartate, citrate, taurinate)†	500 mg	125%
Zinc (as zinc ascorbate, citrate)†	10 mg	67%
Copper (as copper ascorbate)†	21 mcg	1%
Manganese (as manganese citrate, ascorbate)†	1 mg	50%
Chromium (as chromium ascorbate)†	2.6 mcg	2%
Potassium (as potassium ascorbate)†	5 mg	<1%
MCHA (microcrystalline hydroxyapatite providing 1 g protein)	4,170 mg (4.17 g)	**
Calcium Fructoborate (FruiteX B®)	226 mg	**
Boron (from 226 mg of calcium fructoborate)	6 mg	**

* Percent Daily Values are based on a 2,000 calorie diet.

** Daily Value not established.



for complete structural bone support**

NEW LEAF PAPER®
 ENVIRONMENTAL BENEFITS STATEMENT of using post-consumer waste fiber vs. virgin fiber
 Country Life saved the following resources by using Reincarnation Matte (FSC), made with 100% recycled fiber and 50% post-consumer waste, processed chlorine free, designated Ancient Forest Friendly™ and manufactured with electricity that is offset with Green-e® certified renewable energy certificates.

trees	water	energy	solid waste	greenhouse gases
3 fully grown	1493 gallons	1 Million BTUs	91 pounds	310 pounds

Calculations based on research by Environmental Defense and other members of the Paper Task Force.

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As active men and women, we all know that calcium is important to build and protect our bones. But did you know that your body can tell the difference between bone strengthening products? Some products are more compatible with your body and may simply work better for you.

Introducing a new bone health product from Country Life Vitamins...It contains a unique, natural form of calcium called *MCHA* and other minerals that your body will recognize as being closest to its own natural bone composition. Ingredients in *Bone Solid* such as Vitamins K and D as well as *MCHA* have been clinically shown to improve the utilization of calcium for more complete structural bone support.**

Bone Solid's Triple Action:

- 1** Increased Mineral Utilization – by using the MCHA form of calcium that is identical to the body's natural bone composition.
- 2** Strengthens Bones – by providing vital bone supporting nutrients such as Boron, Vitamins K1, K2, and D3, plus calcium for stronger bone structure.
- 3** Supports Bone Metabolism – by including nutrients such as Vitamin K1, K2, and D3 that support metabolic processes for better bone support.**

In the United States today, 10 million individuals already have osteoporosis and 34 million more have low bone mass, placing them at increased risk for this disease. Adequate calcium and Vitamin D throughout life, as part of a well balanced diet, may reduce the risk of osteoporosis. The following are a few more things you can do to support healthy bone structure**:

- *Weight bearing exercise (make sure to get clearance from your health care professional before embarking on any exercise program).*
- *Adopt a diet that is rich in a wide variety of fresh fruits and vegetables, including green leafy vegetables.*
- *Take bone-supporting supplements rich in bioactive forms of calcium, magnesium, and other important nutrients.*

** 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.

build & protect your bones

When considering which ingredients to use in a bone support formula, the primary ingredient should be calcium as this is the most dominant mineral involved in healthy bone structure. There are many forms of calcium on the market.

Bone Solid uses MCHA (microcrystalline hydroxyapatite), a form of calcium researched for its ability to support bone health. This form of calcium contains phosphorus in a 2:1 ratio, the same ratio that is found naturally in the body. Bones are made of much more than calcium, and supporting bone structure requires more than your average calcium supplement. MCHA also includes other valuable elements that help support bone structure.**

In addition to the MCHA form of calcium, we have included many other essential ingredients including Vitamin K1, Vitamin K2, and FruiteX B® (a.k.a. calcium fructoborate).

Vitamin K1 is an important vitamin for bone support. This form is naturally found in vegetation that may be consumed as part of the diet.**

Virtually all forms of Vitamin K that are ingested as part of the diet or as part of a supplement program are converted into Vitamin K2. For this reason, in addition to K1 we also added Vitamin K2, which has also been used in research studies related to bone support.**

Also included is a relatively new ingredient called FruiteX B®, which has been shown to support bone health. FruiteX B® is a unique, boron carbohydrate compound called calcium fructoborate, which provides a bioactive form of boron found naturally in fruits, vegetables, nuts, and seeds, as well as in many other plant based foods. Boron aids in the support of bone health.**

Bone Solid also includes Vitamin D3, Vitamin C, magnesium and other essential minerals. This comprehensive, bone supporting, nutrient dense formula provides key essential elements designed to support strong and healthy bones.**

As with all Country Life products, Bone Solid™ is **Gluten-Free.**

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