

# Youngevity Capsules & Tablets

## BONE BUILDING FORMULA™

The Bone Building Formula™ is a great addition to any nutritional program, whether you're an athlete or just have an active lifestyle. Bone Building Formula™ contains calcium which, with regular exercise and a healthy diet, helps teen and young adult women maintain good bone health and may reduce the risk of osteoporosis later in life. Bone Building Formula™ also contains magnesium, which is an essential mineral involved in more than 300 systems in the human body. Magnesium is in many foods, but is found mostly in green leafy vegetables. The USDA says we aren't eating enough fruits and vegetables in our diet. Refined foods, which make up most of our diet, generally have the lowest magnesium content. Magnesium is another key nutrient that promotes optimal health and wellness!\*



Item# 50224 - 180 Capsules

## Supplement Facts

Serving Size: 6 Capsules    Servings Per Container: 30

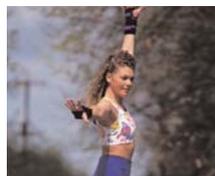
Amount per Serving		% Daily Value*
Vitamin D3 (as cholecalciferol)	100 IU	25%
Biotin	300 mcg	100%
Calcium (as calcium glyconate)	500 mg	50%
Magnesium (as magnesium glyconate)	200 mg	50%
Manganese (as manganese glyconate)	1 mg	50%
Youngevity Mineral Essence Proprietary Blend	600 mg	**
potassium†, calcium, magnesium, zinc†, chromium†, selenium†, iron†, copper†, molybdenum†, vanadium†, iodine†, cobalt† and manganese		
Silica (from horsetail)	50 mg	**
Rose hips	50 mg	**
Boron (as amino acid chelate)	0.5 mg	**

\* % Daily Values are based on a 2,000 calorie diet

\*\*Daily Value not established

† Contains less than 2% of the Daily Value of these nutrients

Other ingredients: Capsule (gelatin, water), rice flour, magnesium stearate (vegetable source) and silicon dioxide.



# FEEL YOUNGER

\* These statements have not been evaluated by the FDA. This is not intended to diagnose, treat, cure or prevent any diseases.