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(54) Title: METHODS AND COMPOSITIONS USEFUL FOR IMPROVING BONE AND JOINT HEALTH

(57) Abstract: Compositions for improving bone health, joint health, or both in an individual in need thereof are provided, along with methods of using the compositions. Generally, the compositions include a combination of Curcumin and Vitamin K2. The compositions may also include a protein, a carbohydrate, and a fat. The compositions and methods may be particularly useful in the treatment or prevention of osteoarthritis, rheumatoid arthritis, systemic lupus erythematosus, osteopenia, and osteoporosis.