

Bone Health Companion

AlgaeCal

AUGUST 2021

AlgaeCal Customer Success Story

Building bone in Hawaii and amazing her doctor



7

Exercise of the Month

Benefit your whole body with this safe, easy move



11

Recipe of the Month

A guilt-free cheesecake that's good for your bones!



12





**Stronger
Bones.
Naturally.**

The only calcium supplement that's clinically shown to increase bone density.

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Bone Health Companion

AlgaeCal

Welcome to the Bone Health Companion!

IN THIS INAUGURAL NEWSLETTER, you'll find inspiration and information on how you can live an active, independent life, free from the fear of bone loss and fracture.

AlgaeCal began with a dream and a vision that there had to be a natural path to better bone health. That was 19 years ago.

Today, AlgaeCal remains the only calcium supplement clinically shown to actually increase bone density.

You'll discover the latest research and insights from experts like Lara Pizzorno. Lara is the best-selling author of *Your Bones: How You Can Prevent Osteoporosis & Have Strong Bones for Life—Naturally*. Lara's 30+ years of experience writing about bone health was born out of her own success battling bone loss. On page 9, Lara discusses the importance of omega 3 fatty acids to your bone health.

You'll also find scientifically-backed information on supplements, nutrition, and how to enjoy a bone-healthy diet. Be sure

to check out the protein-rich cheesecake recipe on page 12 that's as tasty as it is good for your bones.

And you'll meet people like Patricia Gardner. Read the amazing story on page 7 of how she went from being at high risk of fracture to an increase in bone density that her doctors said they'd never seen before.

Patricia is not alone in her success, and you're not alone either. In The AlgaeCal Community Corner on page 14 you'll meet our exclusive community of AlgaeCal customers who share their successes, support, and DEXA scan after DEXA scan showing proof positive of increased bone density.

Just like in the *Bone Health Companion*, *The AlgaeCal Community* is full of stories of people who've discovered that we're all stronger together. People well into their 80s are increasing their bone density and the quality of their lives.

More than anything, we hope you'll find the inspiration, hope, and realization that their stories can be your story.

AlgaeCal began almost 20 years ago on a South American beach. It was there we found a plant-based source of calcium that contained all 13 essential minerals scientifically shown to support healthy bones. While the rest of the world was content to consume calcium from crushed rocks, we found a natural way to actually increase bone density. You'll find more about our origin story on page 4.

But the real story of AlgaeCal begins with you. When we celebrate our successes, we're celebrating you. Your story is our story. Your success is our success. Together, ours is a shared story of people who've found a natural path to living hopeful, happy, and independent lives.

Welcome to the Bone Health Revolution!

To your health,



Dean Neuls
FOUNDER AND CEO

The Story of a Bone Health Breakthrough

“
I am so impressed by the fabulous and personal customer service provided by AlgaeCal. You respond directly to our concerns and questions, and you provide such practical information along with evidence.”

—Abigail Adams, ATLANTA, GA

There I was, hands in the dirt, planting carrot seeds one afternoon back in 2002 when my phone rang. It was a stranger calling from South America. Neither of us knew it at the time, but the call would lead to a bone health breakthrough unlike any other.

Before I tell you about the call, we need to back up a few years to where this story really began. At the time, I was working for a natural herbal skincare company, and I saw firsthand the positive impact I could have on people's lives through natural remedies.

One day, out of nowhere, I developed a deep, aching pain in my right hip and lower back. It affected every area of my life. I couldn't sleep well. Getting out of bed was a struggle. I had to stop playing all the sports I loved. I soon discovered the pain was being caused by osteoarthritis, and that's what sparked my obsession with increasing bone density and turned me into a near full-time researcher of bone health science.

Around that same time, my father and I started a business that offered a coral calcium supplement shown to naturally slow bone loss. Things started well. We quickly graduated from selling our coral calcium in health stores to selling it online from our very own website. But there was a problem.

The coral calcium was a step in the right direction—it was the best we could find at the time. But it wasn't enough. I wanted my calcium supplement to be more. I wanted a calcium supplement that didn't just slow bone loss, but one that would actually build new bone. I wanted my calcium supplement to give people back their freedom so they could live life on their terms again. I was convinced there was a way. I just had to find it.

Then I got that phone call and everything changed...

The Phone Call That Changed Bone Health Forever

The man on the phone claimed to have discovered a “better” calcium source than the one in our coral calcium supplement. He explained that his calcium came from ocean algae that washed up on shore near his home in South America. According to the certificate of analysis he sent me, the algae contained just about every mineral shown in scientific studies to be beneficial to bone health. I was intrigued. Perhaps this was what I'd been searching for—the calcium source that would give people their lives back!

First Stop: The Local Farm

Soon after that call, I hopped on a plane to South America to see this “miracle” algae firsthand. While there, I learned that the bone-building effects of the algae were first observed in livestock. Cattle farmers, at the recommendation of a local veterinarian, fed this algae to their cows in the form of a milled powder. The result? Shinier coats, more vigor, and increased muscle tone.

I was intrigued, so I sent a sample of the algae to a lab to understand what exactly this natural, bone-building miracle was made of. The lab identified that the algae—specifically a strain known as *Lithothamnion superpositum*—contained all 13 essential minerals scientifically shown to support healthy bones. I knew most cal-

cium supplements on the market were just milled rocks and didn't contain all the essential minerals our bones need. Here in my hands was a source of calcium from living plants, and it contained all the essential bone-building minerals—a double win! That was the moment I knew I was onto something big. So I obtained exclusive rights to harvest the algae and I started a new company. I called the company AlgaeCal.

The Only Calcium Supplement Clinically Shown to Build Bone

Fast forward to the present day, and you have AlgaeCal: the only natural calcium supplement in the world clinically shown to increase bone density. The algae is sustainably harvested and we've taken great care to maintain the

Continued on page 6

**BONE
STRENGTH
GUARANTEED**

When you take AlgaeCal Plus along with Strontium Boost as directed, we guarantee you'll increase your bone density at every follow-up DEXA scan you have. You can view the full guarantee details on this webpage:
<http://bit.ly/guarantee-print>



The Phone Call That Changed Bone Health Forever

integrity of the algae while adding a little extra magnesium and boron, as well as three additional vitamins shown to support strong, healthy bones: vitamins C, D3, and K2. The result? A natural, plant-based calcium supplement that builds strong, healthy bones—and gives people back their freedom so they can live life on their terms again.

More than a Bone Health Supplement Company

Since its inception in 2002, AlgaeCal has evolved into more than a bone health supplement company. We are a team of people who envision a world without fear of bone loss. Guided by science and powered by nature, we are on a mission to inspire people to strengthen their bones and improve their health—naturally. And we're here to walk with you on your bone health journey.

That's why we created multiple ways for us to stay connected with our customers, including our weekly email newsletters, a monthly print newsletter, and *The AlgaeCal Community* Facebook group. You are why we're here, and why we do what we do.

In the coming pages you'll read Patricia's inspiring success story, you'll discover how you can improve your bone health—starting today—through simple lifestyle changes, and you'll find out how to get plugged in to *The AlgaeCal Community*, get answers to frequently asked questions (answered by our Bone Health Experts), and connect with our team of Bone Health Consultants who are dedicated to making your AlgaeCal experience a great one.

Welcome to the AlgaeCal family. We're so excited you're here! •



Dean Neuls,
Founder and CEO



AlgaeCal

The only natural calcium supplement in the world clinically shown to increase bone density.

AlgaeCal Success Stories

Building New Bone in Hawaii

Customer Spotlight: Patricia Gardner



Patricia Gardner was the last person you'd expect to have low bone density. She lived in sun-soaked Hawaii, ate a holistic diet, and never had any serious health issues in the past.

Which is why it came as a total shock when she got her T-scores back in 2013. Her first-ever bone density test revealed three trouble areas that were at high risk of fracture.

So, like everyone who gets this alarming news, Patricia started

researching. And since she always preferred natural products, she was determined to find a safe alternative to regaining her bone density.

That's when Patricia saw AlgaeCal featured on *The Dr. Oz Show*. This encouraged her to go online to learn more about AlgaeCal's natural, plant-based calcium supplements.

After doing her research, Patricia decided to start on AlgaeCal's full bone-building program, which includes AlgaeCal Plus and Strontium Boost.

Five years later, Patricia was thrilled with her results. She experienced a stunning increase in bone density in her spine, neck, and hips!

Her doctors told her they'd never seen anything like it. They even started recommending Patricia's

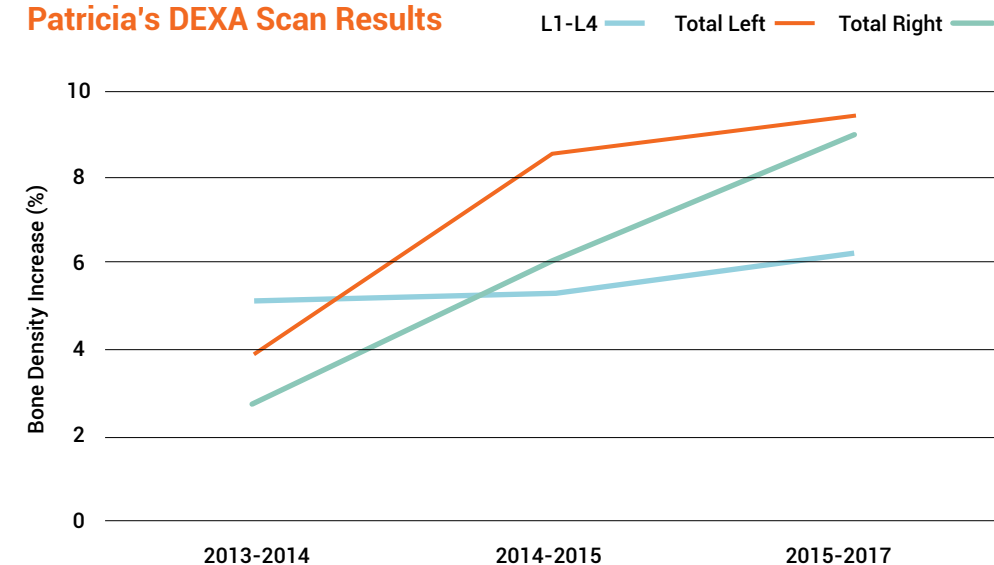
"secret" to their other patients with low bone density.

And how could they not, after seeing Patricia improve her bone health so drastically?

So, Patricia's in it for the long haul. And she wants everyone out there to know that she stuck with it, and it worked. •

“
Her doctors told her they'd never seen anything like it.
”

Patricia's DEXA Scan Results



Watch the Video

To watch Patricia's inspiring video, type this URL into your web browser or scan this QR code: <http://bit.ly/patricia-story>





Jump-Start Your Path to Better Bones

Call For Your Free Personalized Bone Health Consultation

CALL TODAY

Toll-free at
1-855-519-8540
(6 AM – 4 PM PST)

Outside the U.S. and Canada, call
1-510-584-3856
(NOT toll-free) or email us at
support@algacal.com

Regaining your bone health is like running a marathon. You need motivation and perseverance, along with a smart, dedicated coach who can lead you to victory. AlgaeCal goes one step further, giving you a team of bone-building coaches.

Our team of Bone Health Consultants (BHCs) is here to support your bone-health success by creating an

AlgaeCal schedule that fits your needs based on your medications and health conditions, recommending exercise or diet changes that work for you, and providing the motivation to keep you moving forward.

And the best part is, this service is completely free. •

“Our Bone Health Consultants love changing lives, and their passion, patience and caring shows through. They go above and beyond to help every customer achieve stronger, healthier bones.”



Patrick Mooney,
Director of Customer Success

Why Omega 3 Fatty Acids are Crucial for Healthy Bones

By Lara Pizzorno, MDIV, MA, LMT

Your osteoclasts are specialized cells that break down and remove old and brittle or damaged bone, a job they do very quickly. Then, they're supposed to take it easy while your bone-building osteoblasts begin the more time-consuming job of replacing lost bone.

However, sometimes our osteoclasts go on overtime. Too much osteoclast bone-demolishing activity results in bone thinning and, ultimately, bone loss.¹

This is Where Omega 3 Fatty Acids Prove Invaluable

The two common omega fatty acids in our diets are omega 6s and omega 3s. While both are essential to health, maintaining the right balance between these two long-chain polyunsaturated fatty acids is even more important. This allows your osteoclasts to take a break, while your osteoblasts are given time for bone formation.

You want a balance of omega 6s to omega 3s of no more than 4:1. Unfortunately, our typical diet delivers far more omega 6s to omega 3s, closer to 15:1, which encourages bone loss!²

Two forms of omega 3s in particular, eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), are especially helpful. Simply put, EPA and DHA tell your osteoclasts to take time off, preventing excessive bone loss.³

What's more, EPA and DHA support the bone-building process! They help you build bone instead of fat by encouraging your mesenchymal stem cells to become osteoblasts instead of adipocytes (fat cells).⁴

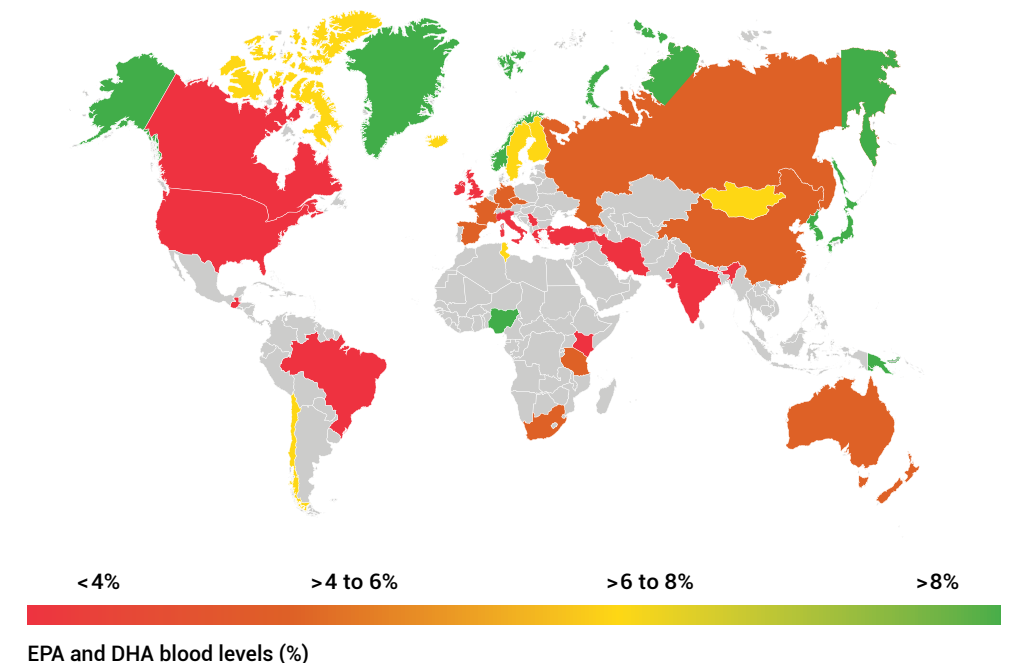
So not only do EPA and DHA curb bone loss, they also boost

bone building and reduce fat storage. That's a winning combination.

Unfortunately, research shows that EPA and DHA blood levels are in the low to very low range for most of the globe. And North America falls into the "very low" category, with your average American at blood levels of 4% or lower! To put that in perspective, a healthy level for omega 3s is 8% or higher.⁵

The takeaway: Most of us aren't getting nearly enough omega 3s — and this lack can be extremely damaging to your bones.

Continued on page 10



The Tastiest Way to Get Your Omega 3s

Give your bones every advantage with Triple Power Omega 3 Fish Oil! This delicious, mango-flavored formula delivers 1480 mg of omega 3s in every tablespoon. It also contains two of nature's most powerful antioxidants: Astaxanthin and curcumin.

To discover everything Triple Power can do for your health, type this URL into your web browser or scan this QR code: <http://bit.ly/triple-power08-21>



RESEARCH EXPLAINED

To get your bone health questions answered personally by Lara Pizzorno, and for the latest in bone health science, join us in *The AlgaeCal Community!*

For more details on *The AlgaeCal Community* and instructions on how to join, type this URL into your web browser: <http://bit.ly/ac-community-print>



Sources:

- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3257651>
- <https://pubmed.ncbi.nlm.nih.gov/23104199/>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3575932/>
- <https://www.ncbi.nlm.nih.gov/pubmed/22023628>
- <https://www.sciencedirect.com/science/article/pii/S0163782715300333>

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By Lara Pizzorno, MDIV, MA, LMT

Lara is AlgaeCal's Resident Bone Health Expert and author of the bestselling book *Your Bones*. She has devoted more than 30 years to researching natural ways to achieve and maintain optimal bone health.



You are a caring, knowledgeable, and patient team. Thank you so much for walking this journey with me. ”

—Mary Park, BLANCO, TX

Why Omega 3 Fatty Acids are Crucial for Healthy Bones

What You Can Do

1. Find out where you stand by taking the Omega 3 Index Test. This quick, at-home test is a safe and accurate way to evaluate your omega 3 blood levels.
2. If your omega 3 blood levels are low, talk to your doctor about taking a natural omega 3 Fish Oil. Your bones and your overall health will thank you! •

To order your Omega 3 Index Test, type this URL into your web browser: <http://bit.ly/omega3-kit-w1>

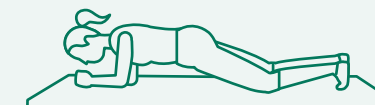
Exercises for Osteoporosis

SPOTLIGHT

The Forearm Plank

The plank is one of my favorite osteoporosis-friendly exercises because of its full-body benefits! Planking strengthens your core, which includes your abdominals, spinal muscles, and pelvic floor. And by improving your core strength, you get the added bonus of better balance, posture, and ease of movement — all of which reduces your risk of a fall.

By Monica Straith



How to Perform this Exercise

1. Place your forearms directly under your shoulders, a bit wider than shoulder-width apart.
2. You can either clasp your hands together or lay your palms down flat on the mat.
3. Lift from your knees first, then tuck your toes into the floor and push up. Make sure your glutes and body are squeezed and stabilized. Don't lock your knees!
4. Your head should be in line with your spine. You can either look down toward the ground or straight ahead.



Monica Straith, BS, BA

Monica is AlgaeCal's Fitness Lead. She has a B.S. and B.A. from the University of Wisconsin-Madison and is an ACE-certified fitness trainer, a Nutrition Specialist, and former pro soccer player for Team Canada.

TAILOR THIS EXERCISE TO YOU

You can make this exercise easier by either performing it on bent knees or by angling your body up on an elevated bench or a platform.

Please note: While this is typically an osteoporosis-safe movement, always check with your doctor or medical professional before starting a new exercise regimen.

Healthy, Protein-Rich Cheesecake

Thanks to a few clever ingredient swaps, this cheesecake is a low-calorie alternative to the classic dessert. Better still, every slice is full of calcium, magnesium, and protein – all of which help keep your bones and muscles strong!

Ingredients

- 1 cup 2% cottage cheese
- ¼ cup Greek yogurt
- 1 large egg
- 2 tbsp sugar
- 1 ½ tbsp almond flour
- ½ tsp vanilla extract
- + zest of 1 lemon

Optional Toppings

- ½ cup blueberries
- ½ cup granola
- ½ cup sliced peaches

RECIPE NOTES

Get creative with your toppings! You can try fresh fruit, nuts, seeds, granola, and much more.

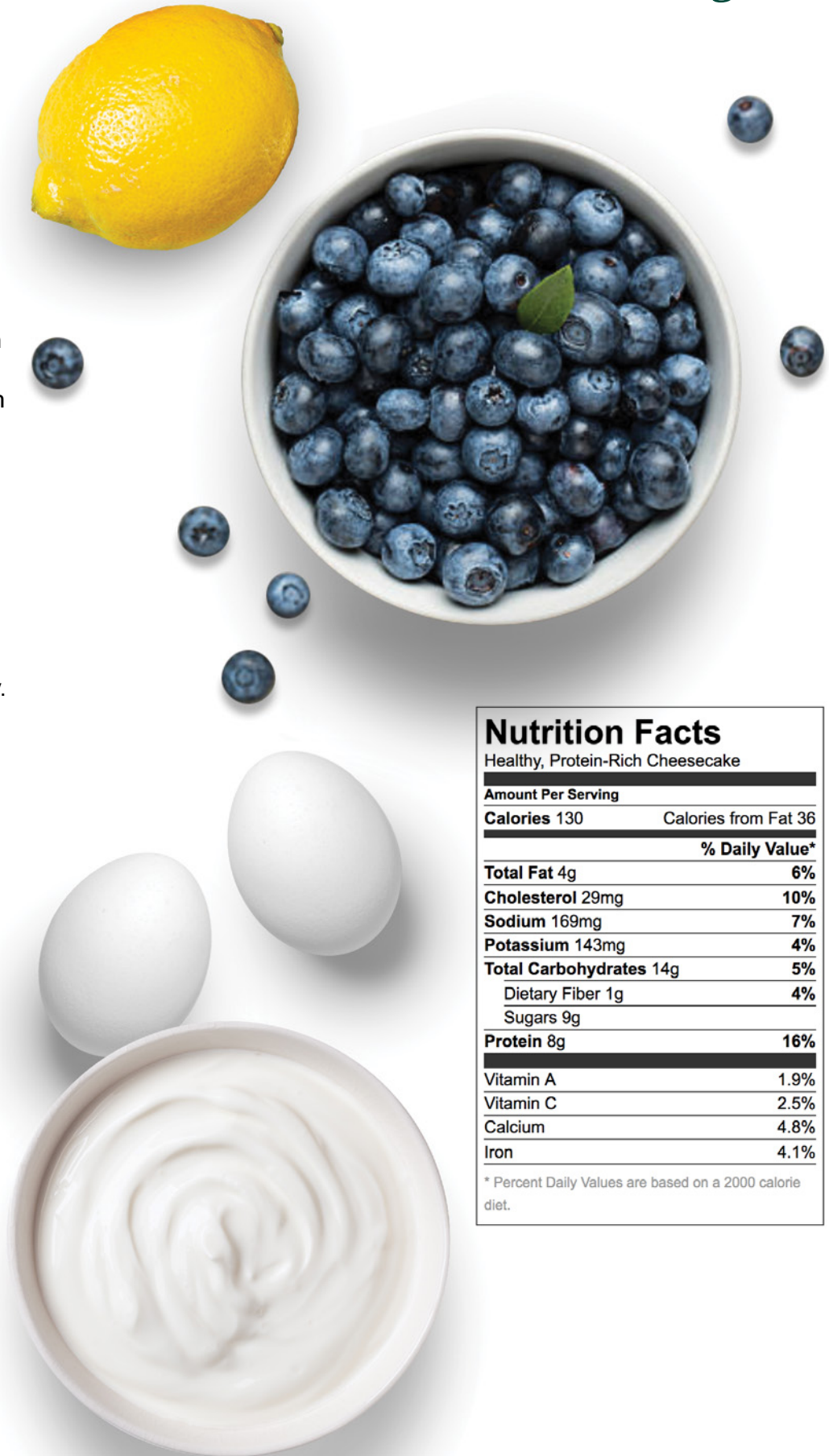


Directions

1. Preheat your oven to 350° F (175° C) and grease a springform pan. A 6-inch pan is preferable, but if you don't have one, you can use a larger pan and double the recipe.
2. Blend the cottage cheese and yogurt until you have a smooth texture. (Make sure there are no lumps!)
3. Add the remaining ingredients (except toppings) and combine until everything is mixed in nicely.
4. Pour your mixture into the pan and bake for 30 minutes. You're looking for a smooth but solid cheesecake – it should jiggle a little, but shouldn't be too loose.
5. Let your cheesecake cool completely, then pop it in the fridge for 2-3 hours.
6. Arrange your choice of toppings and serve!

Watch the Video

To watch our step-by-step recipe video, type this URL into your web browser or scan this QR code: <http://bit.ly/cheesecake-recipe-yum>



Nutrition Facts	
Healthy, Protein-Rich Cheesecake	
Amount Per Serving	
Calories 130	Calories from Fat 36
% Daily Value*	
Total Fat 4g	6%
Cholesterol 29mg	10%
Sodium 169mg	7%
Potassium 143mg	4%
Total Carbohydrates 14g	5%
Dietary Fiber 1g	4%
Sugars 9g	
Protein 8g	16%
Vitamin A	1.9%
Vitamin C	2.5%
Calcium	4.8%
Iron	4.1%

* Percent Daily Values are based on a 2000 calorie diet.



The AlgaeCal Community Corner

The AlgaeCal Community is an exclusive Facebook group for AlgaeCal customers. The Community is made up of thousands of women and men who are working toward renewed bone health. It's a friendly, non-judgmental space where you can ask questions, share frustrations and successes, and even make new friends!

Here's a Taste of What to Expect!



Beth Gross

December 18, 2020 · 🌍

Most Liked Comment

Just got my Dexascan results and I am so happy! I am no longer in the osteoporosis range, just osteopenia and my right hip is "Normal". So here are some stats after taking AlgaeCal for 1.5 years:

AP Spine BMD was .714 in 2018 and now is .781,

T-Score was -3.0 in 2018 and now is -2.4

Femoral Neck BMD (right) was .600 BMD in 2018 and now is .645

T Score was -2.2 in 2018 and now is -1.8

Femoral Neck BMD (Left) was .575 in 2018 and now is .702

T Score was -2.5 in 2018 and now is -1.3

Along with taking Algae Cal Plus and Strontium, I do the strength exercises on the website for hips, shoulders and arms. Thank you Algae Cal!

👍❤️👏 97

29 Comments



Jo Ann Walton Boutwell

★ Rising Star · 6:27 AM

Most Discussed Topic

I am a little unsure as to what exercises should not be done with Osteopenia/Osteoporosis. I understand forward flexion with spine in a curve should not be done — sit ups, for example. What about exercises like planks or biceps curl with free weights? These are exercises that put pressure on the spine but not in a curled form. Spine remains straight.

👍 6

11 Comments

PS: Our wonderful Community Manager, Cat, pointed Jo Ann to our Ultimate Guide to Exercise for Osteoporosis > <http://bit.ly/exercises-w1>

YOUR QUESTIONS ANSWERED

The AlgaeCal Community also offers access to specialists like Bone Health Expert Lara Pizzorno, author of the best-selling book *Your Bones*. Lara personally answers community members' questions. And you'll find this sparks lively conversations that lead to even more useful info and insights.

Want Access to the AlgaeCal Community?

Type the following URL into your web browser or scan the QR code for details on *The AlgaeCal Community* and how to join. It's completely free for customers! <http://bit.ly/ac-community-print>



Say Goodbye to Bone Loss



Over 70,000 Folks Have Started Increasing Their Bone Density.



“ My doctor was skeptical...about AlgaeCal and Strontium Boost, but one year later, both she and I are thrilled. My lumbar spine bone density has increased by 8.8%, and my hip by 5.8%. ”



Judy Pearson,
EVERETT, WA



MEET A FEW OF THEM HERE:
<https://bit.ly/success-stories-w1>

AlgaeCal

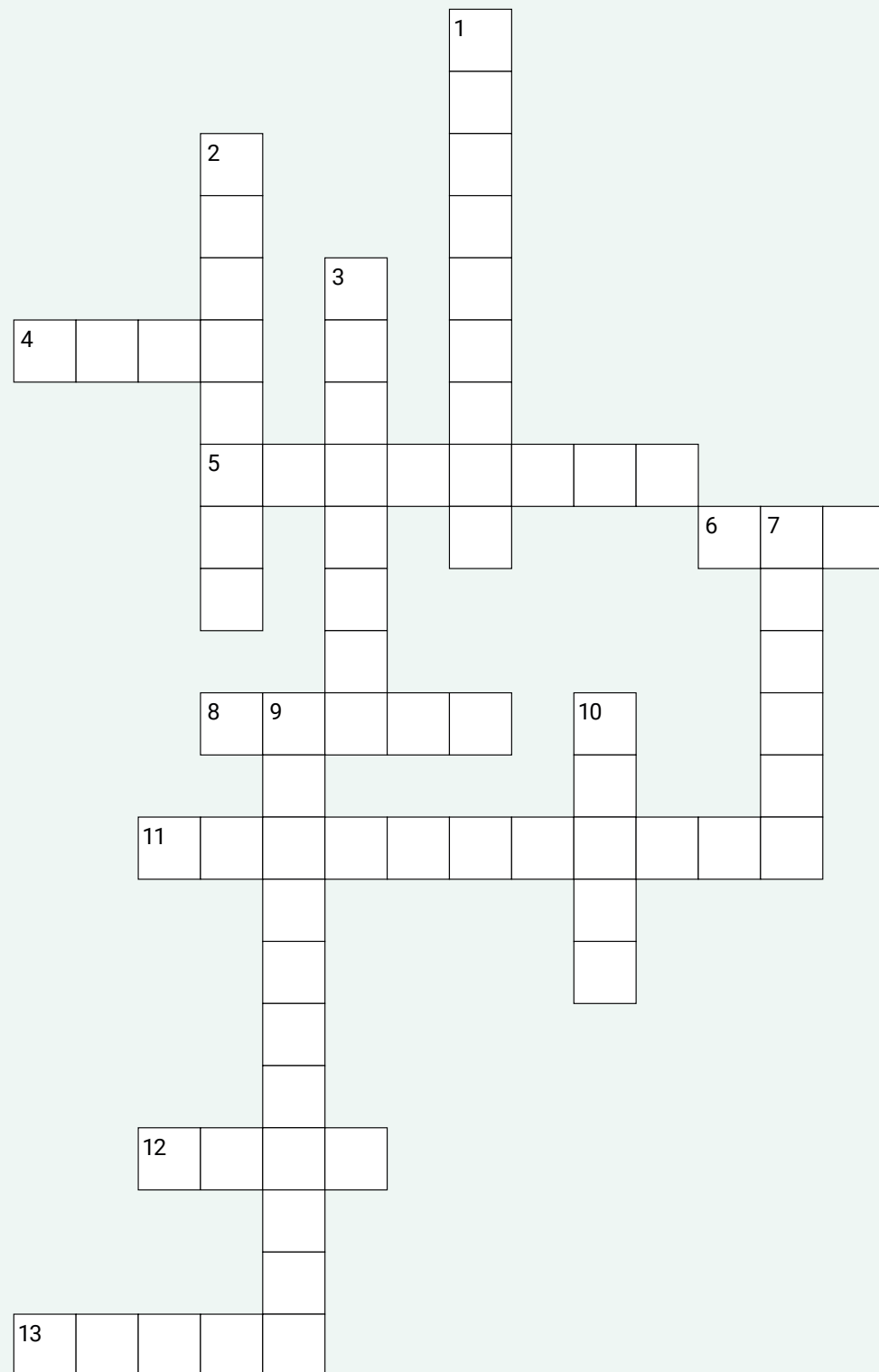
CROSSWORD PUZZLE

Across

- 4. Name of bone mineral density scan
- 5. Astaxanthin and this substance have powerful antiinflammatory effects and are found in Triple Power
- 6. DHA and this other compound are key forms of Omega 3 (abbrev.)
- 8. What we want to make stronger
- 11. The specialized cells that build bone
- 12. The first name of AlgaeCal's founder and CEO
- 13. What we want to prevent

Down

- 1. Name of product shown to triple bone-building results when used with AlgaeCal Plus
- 2. Name of the only calcium supplement clinically shown to increase bone density
- 3. Number of essential bone-supporting minerals found in AlgaeCal
- 7. Source of calcium used in AlgaeCal product
- 9. The specialized cells that break down bone
- 10. Bone-building exercise in this newsletter



See the answers on back cover

Ingredient Spotlight: Vitamin K2

AlgaeCal Plus contains all 16 bone-supporting minerals and vitamins. In this section, we'll take a look at one in particular...

Bone Health Benefits

No doubt you've heard that calcium is the key mineral when it comes to building strong, healthy bones.

But calcium doesn't work in isolation! It's a team player and it needs two vitamins in particular to carry out its bone-building jobs: Vitamin D and vitamin K2.

Now, you probably know vitamin D helps you absorb calcium effectively. But what happens next is equally important!

Once you've absorbed that precious calcium, vitamin K2 is responsible for telling it where to go in your body. It does this by activating two proteins:

Osteocalcin

Directs the calcium you consume to where you need it most... your bones!

Matrix Gla protein

Keeps calcium out of the places you don't want it, like your blood vessels, kidneys, brain, and soft tissues.¹

Think of vitamin K2 as your body's very own set of traffic signs, specifically designed for calcium.

So you could consume more than enough calcium, but without vitamin K2, it will never make it to your bones.

The main takeaway here is that vitamin K2 works as a team with calcium and vitamin D to keep your bones strong, healthy, and fracture-free. And you need to supply your body with all of them, if you want to regain your bone health.

But it's very difficult to get enough vitamin K2 from food alone. The richest source is natto (fermented soybeans), and it's rare in the Western diet— not to mention an acquired taste. So, taking a supplement like AlgaeCal Plus is the best way to get plenty of bone-building vitamin K2!•



Vitamin K2-Rich Foods

Food sources rich in vitamin K2 include high-fat dairy products especially hard cheeses, liver, meat, egg yolks, and fermented foods like sauerkraut.



FUN FACT

A recommended dietary allowance (RDA) for vitamin K2 hasn't been established yet, but research shows as little as 45 mcg is beneficial for people with low bone density.²

To discover what else vitamin K2 can do for your bones, type this URL into your web browser or scan this QR code: <http://bit.ly/ac-vit-k2-w1>



Sources:

- 1. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4052396/>
- 2. <https://examine.com/supplements/vitamin-k/>

AlgaeCal Milestones

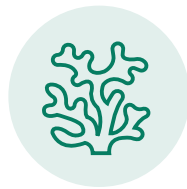
You're all about getting better with age and so are we! As AlgaeCal turns 19 years old, we owe our strength to the 70,000 amazing people we've served—including you! Thanks for taking control of your bone health, trusting our nutritional formulas, and sharing your challenges and triumphs with us.

What an amazing ride it's been! Here are some of our key moments along the way:



“
Thank you
for your mission
in life to help
women who may
be struggling with
bone loss

”
Julie Rush, LA MIRADA, CA



2002

Launched Our First Calcium Supplement

Would you believe that algae was NOT our first alternative to rock-based calcium? Fossilized coral reefs contain calcium, plus a wealth of bone-building minerals. But we were about to discover something much, much better!



2003

Discovered Lithothamnium Superpositum

When we got word of a *miracle*, calcium-rich algae that washes up on the beach in South America, we had to check it out. Locals prized this algae for its amazing effects on their livestock. And we learned why. This unique strain of red algae is shown to contain, not just calcium, but all 13 essential minerals for bone growth. That's how AlgaeCal was born!



FIND OUT MORE AT:
<https://bit.ly/ac-ingredient-m1>



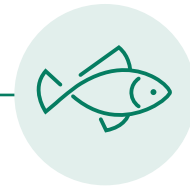
2011 | 2013 | 2016

Demonstrated Actual BMD Increases in Human Studies

Traditional calcium only *slows* the rate of bone loss, but can you *increase* bone mass density with the right combination of nutrients? Absolutely! In three landmark clinical trials, participants gained 1.3% BMD per year or more. That's amazing since after age 40 we typically lose 1% of bone each year. And the research shows those increases continuing year after year for as long as you take **AlgaeCal Plus** and even faster with the help of **Strontium Boost!**



FIND OUT MORE AT:
<http://bit.ly/ac-research08>



2015

Introduced Triple Power Omega 3 Fish Oil

Omega 3 fatty acids help protect our bones. But no one likes fishy burps from traditional fish-oil capsules. So we created **Triple Power**, a mango-flavored formula with 1,480 mg of pharmaceutical-grade fish oil per delicious tablespoon. Why *Triple*? Because we added the powerful antioxidants astaxanthin and curcumin at full clinical doses to further protect your body and support bone health.



FIND OUT MORE AT:
<http://bit.ly/triple-power08-21>



2018

Launched The AlgaeCal Community

Imagine surrounding yourself with other enthusiastic people who are taking control of their health to build strong, youthful bones! That's the vision behind *The AlgaeCal Community*, our exclusive social network. Share your DEXA achievements, learn from our resident bone-health experts, and support one another. Now more than 15,000 members strong. Customers enjoy free lifetime access, so connect today!



FIND OUT MORE AT:
<http://bit.ly/ac-community-print>



2021

Premiered Bone Health Companion Newsletter

You're holding our latest milestone in your hands—this newsletter! Stay connected with the latest research on bone health, insights on key bone-building nutrients and inspiring stories from other AlgaeCal users. Plus, every issue features a bone-friendly exercise everyone can do and a delicious, healthy recipe from the AlgaeCal kitchen. Look for your issue every other month!



Vision

A world without fear
of bone loss.

Mission

Guided by science and
powered by nature,
we inspire people to
strengthen their bones.

AlgaeCal

Answers to Crossword Puzzle

Across

- DEXA
- Curcumin
- EPA
- Bones
- Osteoblasts
- Dean
- Falls

Down

- Strontium
- AlgaeCal
- Thirteen
- Plants
- Osteoclasts
- Plank

Questions About AlgaeCal?

Call Us At

+1-855-519-8540
(USA/Canada)

+1-510-584-3856
(International)

Hours of Operation (PST)

Monday - Friday:
6 am to 4 pm

Saturday:
6 am to 4 pm

Sunday:
6 am to 4 pm