

# AlgaeCal

## Bone Builder Pack

Stronger Bones. For Life.™

The Only Nutritional Supplements Shown In Clinical Studies to Consistently Increase Bone Mineral Density.

**AlgaeCal Plus and Strontium Boost** are supported in 3 clinical studies to support bone building. AlgaeCal Plus contains *Lithothamnion superpositum*, a certified-organic and kosher red algae. Its mineral composition supports healthy bone density, along with added vitamins D3, K2 (MK-7), and C to round out the formula. Strontium Boost contains natural strontium citrate, a safe strontium compound verified to enhance healthy bone remodeling while reducing fracture risk.

Together, they make the Bone Builder Pack. This duo is shown to provide bone density increases in patients in a 1-year and 7-year trial.<sup>1,2</sup>

No study participants experienced adverse effects.

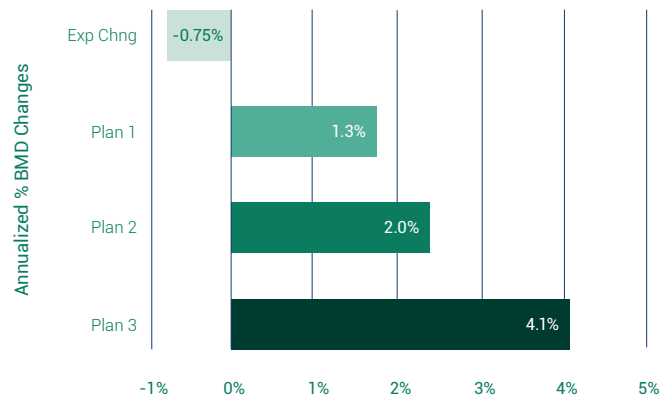
Strontium boasts a wealth of bone health benefits, by increasing osteoblast production and regulating bone resorption.<sup>3,4</sup> Along with this ability to ameliorate bone remodeling, strontium is independently associated with increased osteoid production and decreased fracture risk, likely due to its effects on bone architecture.<sup>3,5</sup> Strontium citrate has a long history of safety when taken with adequate calcium.

Each batch of AlgaeCal Plus bulk powder is lab tested for heavy metals and microbes by independent labs in the USA and Canada. This is conducted before and after each production. AlgaeCal has also completed 7 safety and toxicology studies which earned AlgaeCal GRAS status (Generally Recognized As Safe) by the FDA.

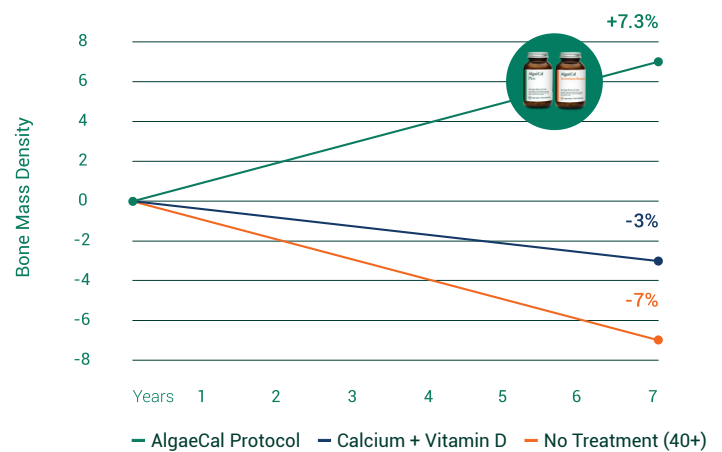
Each batch of Strontium Boost is tested for potency and to ensure microbial safety.

### Talk To AlgaeCal's Functional Medicine Team

To offer AlgaeCal in your practice or ask product questions, practitioners can contact our Health Care Professionals division at: [clinicalsupport@algaeal.com](mailto:clinicalsupport@algaeal.com) or toll-free 844-618-1700.



**Study 1: Bone density gains of 1.3% in postmenopausal women.** A year-long study of AlgaeCal following 414 postmenopausal women demonstrates a 1.3% bone density gain over baseline and confirms efficacy of AlgaeCal multi-nutrient approach. Results were even better in formulations using ingredients in AlgaeCal Plus and Strontium Boost.<sup>1</sup>



**Study 2: AlgaeCal Plus and Strontium Boost provide year-over-year bone density increases (~1%) over 7 years.** In this 7-year study, 172 postmenopausal women in their mid 60s gained 7.3% more bone, adding about 1% to their bone mineral density each year, instead of the expected 1% BMD loss. That's a 14% swing.<sup>1,2</sup>

#### References:

- Int J Med Sci. (2011) PMID: 21448303
- J Am Coll Nutr. (2016) PMID: 26885697
- Pharmacol Ther. (2012) PMID: 22820094
- Bone. (2012) PMID: 22270053
- Curr Opin Rheumatol. (2006) PMID: 16735841



## Supplement Facts

Serving Size 2 Capsules  
Servings Per Container 60

<b>AlgaeCal Plus</b>	
Amount Per Serving	% Daily Value
Vitamin C (as Calcium Ascorbate) 25 mg	28%
Vitamin D (as Cholecalciferol) 20 mcg (800 IU)	100%
Calcium (as AlgaeCal® <i>L. superpositum</i> ) 360 mg	28%
Magnesium 175 mg (as Magnesium Oxide & AlgaeCal® <i>L. superpositum</i> )	42%
Boron (as Boron Glycinate) 1.5 mg	*
Vitamin K (as K2 Vital® Delta MK-7) 50 mcg	*

\*Daily Value not established.

**Other Ingredients:** Vegetable cellulose (vegetarian capsule), magnesium stearate (vegetable grade), microcrystalline cellulose.

**Suggested Use:** To increase bone density and maintain musculoskeletal health by providing highly absorbable, algae-based calcium, magnesium, and trace minerals. Includes added minerals (boron, magnesium) and vitamins (C, D3, K2) to improve the absorption of calcium and its incorporation into bones rather than arteries or soft tissue.

**Potential Interactions:** Take calcium supplements at least 4 hours apart from the following: quinolone antibiotics and other antibiotics; some heart medications; thyroid medications; water pills; iron supplements; and strontium supplements. In some cases, calcium reduces the effectiveness or required dose for certain medications.

**This product is non-GMO and free from gluten, wheat, soy, and dairy.**

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.

## Supplement Facts

Serving Size 2 Capsules  
Servings Per Container 30

<b>AlgaeCal Strontium Boost</b>	
Amount Per Serving	% Daily Value
Strontium 680 mg (from Strontium Citrate)	*

\*Daily Value not established.

**Other Ingredients:** Vegetable cellulose (vegetarian capsule).

**Suggested Use:** To improve bone mineral density and maintain strong bones, when incorporated into a regimen with AlgaeCal Plus.

**Recommended Dose:** Take two capsules daily, with or without food. Recommended to take in the evening before bed. Ensure adequate daily calcium intake during use. For best absorption, take at least two hours apart from calcium-rich foods or supplements containing calcium. Adult use only.

**Cautions:** Patients with chronic kidney disease, who have compromised blood-filtering capabilities, should avoid strontium unless recommended by their healthcare provider. Consult a healthcare professional if you have any medical condition, are taking any medication, or are pregnant or lactating. Keep out of reach of children.

**This product is non-GMO and free from gluten, wheat, dairy and soy.**

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