

## How To Take Your Strontium Boost



Take 2 capsules  
before bed



Take with or without food,  
separate from calcium by  
at least 2 hours



## How To Take Your AlgaeCal



Take 3 capsules  
daily no more than  
2 capsules at once



Take with food



## How To Take Your AlgaeCal Plus



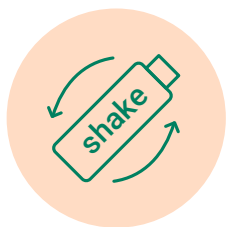
Take 2 capsules  
every morning  
with food



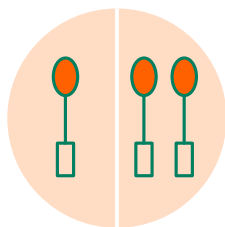
Take 2 capsules  
every evening  
with food



## How To Take Your Triple Power Fish Oil



Shake well  
and refrigerate  
after opening



Take 1 Tbsp.  
Daily to *maintain*  
omega 3 levels

OR

Take 2 Tbsps.  
Daily to *increase*  
omega 3 levels



## How To Take Your D3 Complete



Take 1-4 softgels  
daily depending  
on your needs



Take with or  
without food



Some medications and supplements may require separation. For general guidelines about how to take AlgaeCal products, please reach out to our Bone Health Consultants at [support@algaeal.com](mailto:support@algaeal.com) or by calling 1-877-707-9226. Always check with your doctor for details about possible interactions between AlgaeCal products and your medications.