

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 AlgaeCal Collagen



Add one scoop
to any hot beverage,
stirring thoroughly

OR



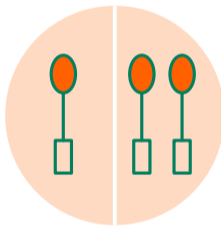
Blend into your
favorite smoothie



How To Take Your Triple Power Fish Oil



Shake well
and refrigerate
after opening



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

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



How To Take Your AlgaeCal Magnesium Relax™



Take 1-4 capsules
daily depending
on your needs



Take with or without food,
separate from Strontium
Boost by at least 2 hours
for optimal absorption



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 or by calling 1-877-707-9226. Always check with your doctor for details about possible interactions between AlgaeCal products and your medications.