

How to Take Your AlgaeCal Supplements

If you're wondering when to take your AlgaeCal supplements, don't worry, it's rather simple! The diagram below is a basic plan of how to schedule your supplements throughout your day.

AlgaeCal Plus



Take 2 capsules every morning with food

&



Take 2 capsules every evening with food



Strontium Boost



Take 2 capsules before bed



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



AlgaeCal Basic



Take 3 capsules daily for full clinical dose



Take with food, no more than 2 capsules at once to ensure best absorption.



Triple Power



Take 1 tablespoon daily to *maintain* omega 3 levels

OR



Take 2 tablespoons daily to *increase* omega 3 levels



Some medications and supplements simply require separation from AlgaeCal Plus and Strontium Boost. For general guidelines, please reach out to our Bone Health Consultants at support@algaeal.com or by calling 1-844-302-4539 (USA/Canada) or 1-510-584-3856 (International).