

# AlgaeCal

Stronger Bones. For Life.

Plant based, whole-food calcium made from red algae. Recommended to protect bones from age-related loss.

## Features:

Plant based, whole-food supplement made from red algae. Recommended for modest bone-density increases and to protect bones from age-related loss.

Provides 750 mg of plant-based calcium and 65 mg of naturally occurring magnesium per dose.

Naturally contains 13 bone-essential trace minerals, including boron, copper, manganese, silicon, nickel, selenium, strontium, phosphorus, potassium, vanadium, and zinc.

Fortified with 1000 IU (25mcg) of vitamin D3 per dose.

Does not contain vitamin K2, making it suitable for adults taking the older class of anticoagulants.

AlgaeCal powder is tested for heavy metals, and every product batch is 3rd-party tested to verify nutrient label claims and ensure microbial safety.

The raw algae (*Lithothamnion superpositum*) is USDA certified organic and certified kosher, though the final product is not.

**Unlike calcium made from crushed rock**, AlgaeCal is a whole food product that's clinically associated with real increases in bone mineral density (BMD).<sup>1-3</sup>

The formula begins with our exclusive red algae sustainably harvested off the coast of South America. *Lithothamnion superpositum* is not only a rich plant-based source of calcium, it also contains all of the essential minerals human bones need but which are often lacking in modern diets.

The red algae is washed, sun dried, and milled into an organic powder. Then we fortify the formula with added Vitamin D3. The result is the only calcium supplement clinically shown to provide BMD increases over baseline. While women over 40 typically lose 1% bone density per year, subjects taking AlgaeCal have demonstrated BMD increases of 1.3%.<sup>1-2</sup>

Recommended as a supplement to prevent age-related bone loss and maintain healthy bones. For patients seeking more rapid gains in bone density, we recommend our AlgaeCal Plus formula in conjunction with Strontium Boost.



Dairy Free



Gluten Free



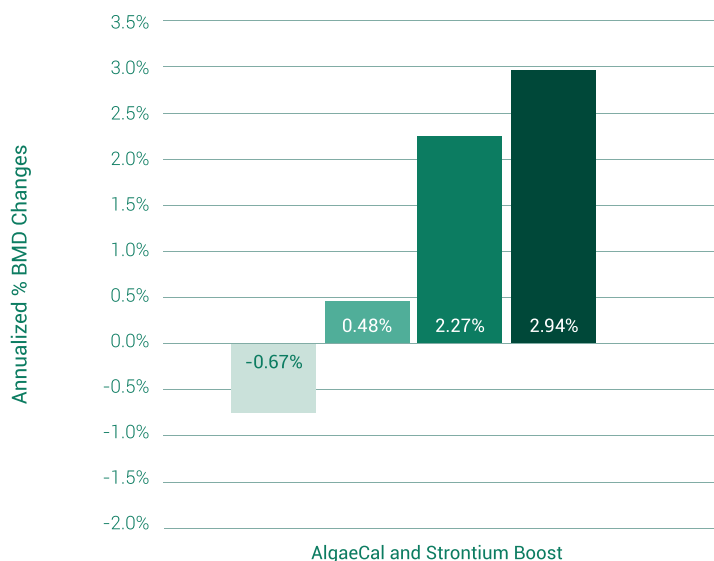
Soy Free



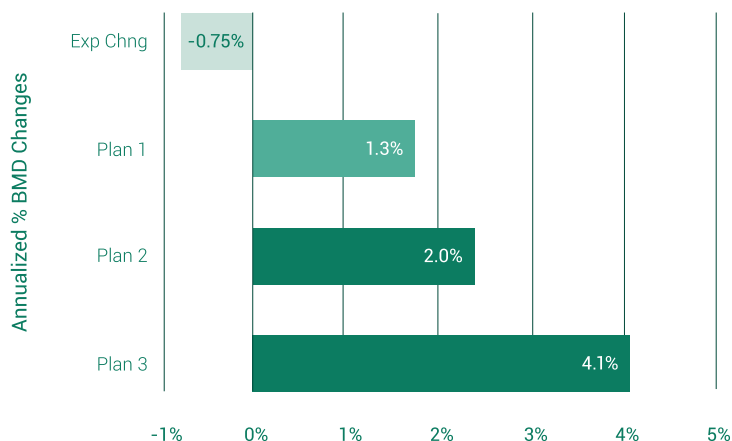
Non-GMO



MADE IN USA



**Study 1: Real gains in bone mineral density over baseline.** Six month study of AlgaeCal involving 216 women and men demonstrates a mean annualized percentage change (MAPC) of 2.94% over expectations, not just reduced loss compared to a control group. Results were even better in formulations using ingredients in AlgaeCal Plus and Strontium Boost.<sup>3</sup>



**Study 2: 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>2</sup>

**Conditions that Put Patients at Risk of Osteoporosis:<sup>4</sup>** Over half of osteoporosis sufferers (more than 20 million people) go undiagnosed as their bone density worsens. This silent disease often presents with:

- Thyroid disease and hormonal imbalance
- Menopause, perimenopause, or andropause
- Disorders (autoimmune, digestive and GI, bone and marrow, neurological)
- Obesity, metabolic syndrome (type 2 diabetes), and bariatric surgery
- Heart disease, CKD, NAFLD, sarcopenia, rheumatoid arthritis, or cancer

## Supplement Facts

Serving Size 3 Capsules  
Serving Per Container 30

**AlgaeCal**

| Amount Per Serving                                    | % Daily Value |
|---|---------------|
| Vitamin D (as Cholecalciferol) 25 mcg (1000 IU)       | 125 %         |
| Calcium (as AlgaeCal® <i>L. superpositum</i> ) 750 mg | 58 %          |
| Magnesium 65mg (as AlgaeCal® <i>L. superpositum</i> ) | 15%           |

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

**Suggested Use:** To increase bone density and maintain musculoskeletal health by providing highly absorbable, algae-based calcium, magnesium, and trace minerals, along with added vitamin D3 to improve calcium absorption.

**Recommended Dose:** As a dietary supplement, take 3 capsules daily with food. Taking calcium with meals improves absorption.

**Potential Interactions:** Take calcium supplements at least 3 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.

**Cautions:** Those who are pregnant or lactating, have a medical condition, or are taking any medication should consult a health care professional prior to use to avoid possible interactions. Keep out of reach of children.

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

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.



### References:

1. J Am Coll Nutr. (2016) PMID: 26885697
2. Int J Med Sci. (2011) PMID: 21448303
3. Nutr J. (2011) PMID: 21492428
4. <https://www.hospitalmanagement.net/comment/half-osteoporosis-cases-go-undiagnosed/>