

AlgaeCal.

Stronger Bones. For Life.™

Healthy Bones: A Patient's Guide

Bone loss is NOT inevitable! Discover your risk factors and how to take control of your bone health at any age.



Your healthcare practice offers products that are clinically supported to build bone density naturally. Review this guide and talk with your provider to discuss what options are best to support your healthy bones.

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Consult a licensed healthcare professional before starting any supplement, dietary, or exercise program, especially if you are pregnant or have any injuries or medical conditions. No content in this guide should be used as a substitute for direct medical advice from a qualified clinician.

Your Stronger Bones Start Here

Few of us focus on bone health until we've reached our 40s. That's when bone remodeling, our body's process of clearing old bone and creating new bone, typically changes. Instead of increasing our bone mass, we start to lose bone, around 1% per year or more.¹

Diseases, medications, hormonal changes—and even the foods we eat—can cause us to lose bone more quickly. These factors can increase our need for calcium. If we don't have enough at hand, our body leeches this critical mineral from our bones.

A Safe, Effective Approach to Bone Loss

Your healthcare practice has partnered with AlgaeCal to offer you a powerful, new tool—the only calcium protocol clinically supported to increase bone density in as little as six months!¹⁻³



Take Control of Your Bone Health!

Even healthy individuals can lose bone density for years without realizing it. People who developed a higher *peak bone mass* when young, through nutrition and exercise, are better protected later in life.

However, many don't discover problems until after a minor accident or fall causes a serious fracture or break.⁴ Certain other factors can increase our risk:

- Menopause
- Diseases
- Lack of Physical Activity
- Andropause
- Medications
- Poor Nutrition (or Nutrient Absorption)

Genetics also plays a role, so share your family history with your healthcare provider. He or she may recommend testing your blood and urine to detect abnormalities in bone formation or resorption.

DEXA Scans Can Determine Bone Density

The most common way of assessing bone health is a DEXA (Dual Energy X-Ray) scan. This high-precision X-ray creates an image of your skeleton, with special focus on your spine and hips.

The DEXA (also called DXA) provides two important measures:

- **Z-score:** your bone density compared to those of similar gender and age
- **T-score:** your bone density compared with that of a healthy young adult

Those with a T-score below a certain range are diagnosed with *osteoporosis*, a medical condition in which the bones become brittle and fragile. A T-score can also denote *osteopenia*, a less severe condition, though one which may put you at greater fracture risk.

With information from these diagnostic tests, your healthcare provider can make recommendations to address any bone-health concerns.

Why Traditional Calcium is Not Enough

Walk the aisles of any chain drug store or supermarket and you'll find dozens of calcium options. These products—often made from crushed rock—at best slow down bone loss. Over time, you'd still expect to lose bone density.¹

Here's how AlgaeCal is different:



Plant-sourced

The AlgaeCal formula starts with a species of South American red algae (*Lithothamnion superpositum*), which is naturally rich in highly absorbable, plant-based calcium.



Complete

In addition to its calcium, this unique algae contains dozens of trace nutrients, including 13 minerals known as essential to healthy bones. Extra magnesium and boron, along with vitamins D3, K2, and C, support calcium's bone-building properties.



Clinically Supported

Three published clinical studies reported significant bone density increases—beyond what would be expected by calcium alone (or even with vitamin D). See page 4 for details.

Measurable DEXA Improvement. Or Your Money Back!

Over 100,000 patients, many in their 60s, 70s, and beyond, have turned to AlgaeCal to build bone density. We're confident you'll see improvements, too. That's why we back our products with a *Stronger Bones for Life* guarantee when purchased directly from this healthcare practice and used as directed. See the inside back cover for details.

Scientifically Backed by Clinical Studies

Scientists followed 414 AlgaeCal users for one year. Each person had a bone density test at the beginning and end of the study. These tests revealed that the smallest increase in bone mineral density among participants was 1.3%. That surprised the North American research team because no other natural product had ever demonstrated an increase in bone density.²

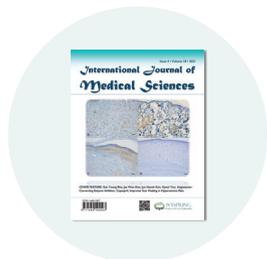
Another human study involving more than 200 women and men found that AlgaeCal formulations increased bone density by more than 2% on average. That means they increased their bone density when most people are losing 1% of bone each year.¹



BONE STUDY 1

AlgaeCal Plus and Strontium Boost Increase Adult Bone Density after Six Months

- ↑↑ >2% Bone Mineral Density Increase
- 👤 216 Men and Women



BONE STUDY 2

DEXA Results Show AlgaeCal Builds Bone In One Year

- ↑↑ 1.3% Average Bone Mineral Density Increase; Up to 4% with Strontium Boost
- 👤 414 Women Over Age 40



BONE STUDY 3

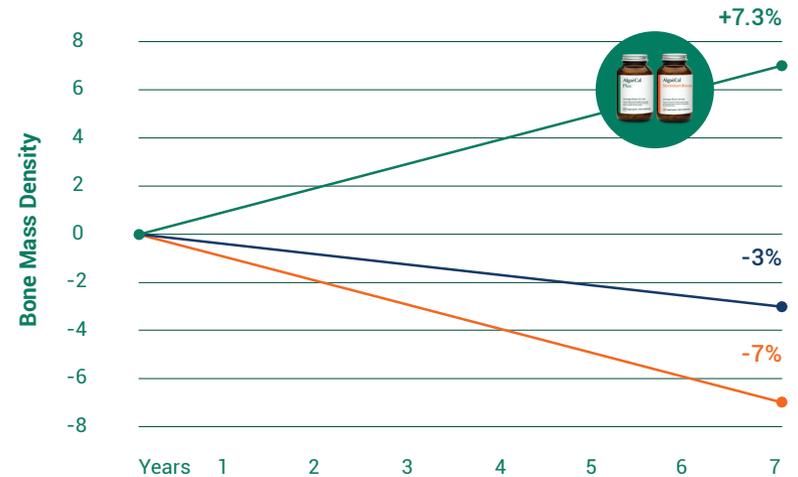
AlgaeCal Plus and Strontium Boost Establish Long-Term, Linear Gains in Bone Density

- ↑↑ 1.04% Average Bone Density Increase Every Year for 7 Years
- 👤 172 Postmenopausal Women

Turn Back The Clock On Your Bone Health

In a third study published by The Journal of the American College of Nutrition, researchers followed 172 AlgaeCal Plus and Strontium Boost users over seven years. Before and after DEXA scans revealed that *Bone-Builder Pack* users increased their bone density by 7.3% over the 7-year period.³

Now that may not sound like much until you consider the fact that we lose on average 1% of our bone density every year after age 40. So with the *Bone Builder Pack*, instead of losing 7% in seven years, you're actually gaining 7%. That's a 14% swing!



AlgaeCal and Strontium Boost

Calcium Supplements (based on meta-analysis)^{22, 23}

No Supplements¹

Traditional calcium supplements, even those with added vitamin D, only slow the rate of annual bone loss, according to meta-analysis. In three separate clinical studies, the AlgaeCal protocol has been clinically supported to safely increase bone density, with its unique plant-based calcium and multi-nutrient formula.



“I wanted a calcium supplement that didn’t just slow bone loss, but one that would actually build new bone—to give people back their freedom to live life on their terms again. I was convinced there was a way. I just had to find it.”

– Dean Neuls
Founder and CEO, AlgaeCal

AlgaeCal's exclusive red algae is naturally rich in highly absorbable calcium and provides more than a dozen other bone-essential minerals.

Our Mission: End the Fear of Bone Loss

Necessity is the mother of invention and AlgaeCal is no exception. Founder Dean Neuls' passion for bone health was born out of a desire to relieve a sudden pain in his own bones. The pain kept him from doing the things he loved, and he spent years researching a solution.

Dean found what he was searching for on a beach in South America. That's where he was introduced to *Lithothamnion superpositum*—an ocean algae that contains 13 of the essential minerals scientifically shown to support healthy bones. Building on this raw material, Dean's team formulated a revolutionary calcium protocol—one shown in 3 clinical studies to increase bone density. No other calcium supplement can make that claim!

AlgaeCal has evolved into a team that inspires people to strengthen their bones—naturally. After all, you have too much living to do to let the fear of fracture or bone loss slow you down.

Talk With Your Healthcare Provider

AlgaeCal enthusiastically offers our products directly through this practice. Your practitioners have the medical knowledge and familiarity with your personal situation to offer expert advice. We urge you to discuss with them which of the products on the following pages they recommend to ensure strong, healthy bones.

Superior Bone-Health Formulas

Benefits, Dosage, and Details

“ Like most women after menopause, my bones began thinning. I did some conventional treatments for five years and my bones had no difference. Then, I began AlgaeCal and within two years, I had an increase in my hip of 5% and an 11.5% increase in my spine. My doctor was as amazed as I was! ”

– Joan L., The Villages, FL

“ After two years of taking AlgaeCal Plus and Strontium Boost, my bone density improved, in both my hip and spine. My doctor, who is now in her mid-50s, also takes these products. ”

– Mary T., Ontario, Canada

“ A few years ago, I was told that my bone density was low. I did some research and discovered AlgaeCal. I showed my doctor and he said I could try it. In under two years, my bone density has increased 6.6% in my spine and 5.6% in my hip. ”

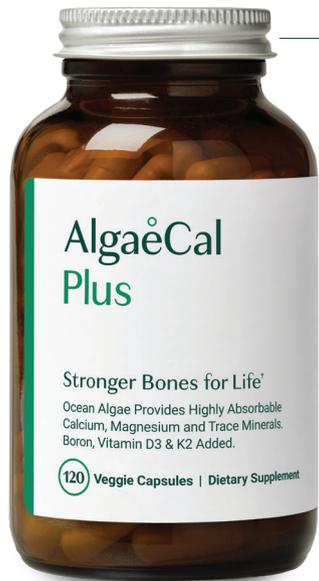
– Lisa R., Selden, NY



Increased bone density results are consistent with 3 published studies. Typical bone density increases ranged from 1% to 4% within 6 months to one year. Individual results may vary.

AlgaeCal Plus

AlgaeCal Plus starts with our exclusive species of marine algae (*Lithothamnion superpositum*), sustainably harvested on a South American beach. Each kiwi-sized algae ball is hand-picked, sun-dried, then milled into a powder, which is naturally packed with all 13 essential bone-supporting minerals your bones crave. Then we add in clinical doses of vitamin D3, vitamin K2, boron, and additional magnesium to make AlgaeCal Plus your complete, multnutrient approach to bone building.



- ① **Supplies all 13 essential bone-supporting minerals;** calcium, magnesium, boron, copper, manganese, silicon, nickel, selenium, strontium, phosphorus, potassium, vanadium, and zinc.
- ② **Then we add vitamins D3, K2 (MK-7), and C.**
- ③ **Superior plant-based, sustainably harvested source.**

At best, traditional rock-based calcium supplements only slow bone loss, but only AlgaeCal's plant-based calcium has been clinically supported to do what others can't—actually increase bone density.¹⁻³ And it does it year after year. Even for folks in their 60s, 70s, and 80s.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any diseases.

AlgaeCal Plus Supplement Facts

Serving Size 2 Capsules | Serving Per Container 60 (30 day supply)

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

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

How To Take AlgaeCal Plus



Take 2 capsules every morning with food



Take 2 capsules every evening with food



AlgaeCal Plus is best taken a couple hours apart from some medications and supplements (including Strontium Boost). AlgaeCal Plus contains vitamin K2, which is contraindicated for those taking older classes of anticoagulants. Share any questions with your healthcare provider.

Strontium Boost

The mineral strontium shows many positive effects on bones. It increases calcium absorption and stimulates bone-building cells (osteoblasts) while slowing down the cells that break down bone (osteoclasts).⁵⁻⁸ In each of three AlgaeCal clinical studies, the treatment groups incorporating strontium increased bone-building results by up to 300%. No study participants experienced adverse side effects.¹⁻³



- ① **Combined with AlgaeCal Plus, Strontium Boost has been clinically shown to triple bone density increases.**
- ② **Naturally found in soil, food, and your bones.**
- ③ **Strontium is associated with stronger bones and reduced fracture risk.⁵⁻⁸**

While a synthetic form of strontium has raised concerns,⁹ the natural citrate version has a long history of safety when taken with adequate calcium.¹⁰⁻¹¹ Tens of thousands of people have safely used Strontium Boost as part of their AlgaeCal bone-building program.^{6,11}

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Strontium Boost Supplement Facts

Serving Size 2 Capsules | Serving Per Container 30 (30 day supply)

Amount Per Serving	% Daily Value
Strontium 680 mg (from Strontium Citrate)	*

*Daily Value not established.

Other Ingredients: Vegetable cellulose (vegetarian capsule)

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

How To Take AlgaeCal's Bone-Builder Pack

AlgaeCal Plus



Take 2 capsules every morning with food



Take 2 capsules every evening with food



Strontium Boost



Take 2 capsules before bed with or without food



Separate from AlgaeCal and other calcium sources by at least 2 hours

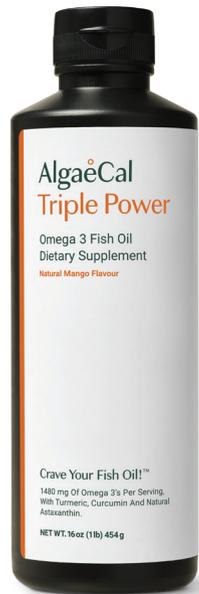


Ensure adequate daily calcium intake during use. Patients with chronic kidney disease, or who have compromised blood-filtering capabilities, should avoid strontium unless recommended by their healthcare provider.

Triple Power Fish Oil

You've likely heard about the health benefits of omega-3 oils to our heart, eyes, skin, and brain. Now, researchers have linked increased omega-3 intake with higher bone density.¹²⁻¹³

Triple Power delivers 1,200 mg of EPA and DHA essential fatty acids in a delicious mango-flavored liquid. Added curcumin and astaxanthin naturally preserve the oil's freshness, while providing powerful antioxidants to support a healthy inflammatory response. Plus, Triple Power is emulsified for 3x better absorption than traditional oil or softgels.¹⁴⁻¹⁹



- ① **Omega-3s support cellular function to protect bones and maintain bone density as we age.**
- ② **Sustainably sourced from smaller species of wild, cold-water fish.**
- ③ **Naturally sweetened with xylitol.**

Every batch of Triple Power is molecularly distilled to remove heavy metals, pesticides, and PCBs—and third-party tested to further ensure quality. Each bottle is nitrogen flushed to prevent oxidation and allow the oil to retain its potency and remain shelf stable without refrigeration prior to opening.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any diseases.

Triple Power Supplement Facts

Serving Size: 1 Tbsp (15.9g) | Serving Per Container: about 29

Amount Per Serving	% Daily Value
Calories: 70	0
Total Fat: 4.5 g	6%
Saturated Fat: 1 g	6%
Polyunsaturated Fat: 2 g	*
Monounsaturated Fat: 1 g	*
Cholesterol: 30 mg	10%
Total Carbohydrate: 6 mg	2%
Total Sugar: 0 g	*
Includes 0g Added Sugars	
Sugar Alcohol: 5 g	*
Natural Astaxanthin (Haematococcus pluvialis): 3 mg	*
Turmeric Root Extract (95% Curcuminoids): 100 mg	*
Omega-3 Polyunsaturated Fat:	*
Eicosapentaenoic Acid (EPA): 750 mg	*
Docosahexaenoic Acid (DPA): 450 mg	*
Other Omega-3 Fatty Acids: 280 mg	*

Percent Daily Values are based on a 2,000 calorie diet. *Daily Value not established.

Other Ingredients: Water, fish oil (anchovy, sardine, and/or mackerel), xylitol, glycerine, natural flavors, gum arabic, citric acid, xanthan gum, antioxidant blend (natural mixed tocopherols, rosemary extract, ascorbyl palmitate, and green tea extract), guar gum, and sorbic acid.

This product is non-GMO and free from gluten, dairy, and artificial colors

Consult your physician before using this product if you use blood thinners or anticipate surgery.

How To Take AlgaeCal's Triple Power Fish Oil



OR



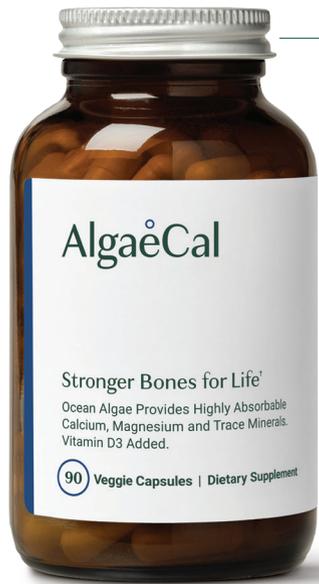
Take 1 tablespoon daily to maintain omega 3 levels

Take 2 tablespoons daily to increase omega 3 levels



AlgaeCal

Unlike rock-based calcium, AlgaeCal is a whole food product that's clinically associated with real increases in bone mineral density. The formula begins with an exclusive red algae sustainably harvested off the coast of South America. This unique species is not only a rich source of plant-based calcium; it also contains over a dozen essential minerals human bones need, though which our modern diets often lack. Subjects taking AlgaeCal have demonstrated annual BMD increases of 1.3%.²



1 **Supplies 13 essential bone-supporting minerals;** calcium, magnesium, boron, copper, manganese, silicon, nickel, selenium, strontium, phosphorus, potassium, vanadium, and zinc.

2 **Then we add 1000 IU of vitamin D3.**

3 **Superior plant-based, sustainably harvested source.**

While AlgaeCal is shown in studies to increase bone density, those seeking more rapid gains typically take the AlgaeCal Plus formula, which contains added vitamins and minerals, often in conjunction with Strontium Boost.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any diseases.

AlgaeCal Supplement Facts

Serving Size: 3 Capsules | Serving Per Container: 30

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

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

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

How To Take AlgaeCal



Take 3 capsules daily, no more than 2 capsules at once.

Take with food

AlgaeCal does not contain vitamin K2, which makes it suitable for those taking older anticoagulant prescriptions (such as Coumadin, warfarin, etc.) who are unable to switch to newer classes of blood thinners that don't interact with vitamin K. Take to your healthcare practitioner about which AlgaeCal products are right for you.

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

Frequently Asked Questions

Why is bone loss such a serious problem?

After age 40, people tend to lose 1% or more of their bone density each year. Disease, lifestyle factors, and hormonal changes can exacerbate this. Estimates predict that 1 in 2 women and 1 in 4 men over age 50 will suffer an osteoporosis fracture. Within that age group, 80% of broken bones are attributed to bone loss.²⁰

What is AlgaeCal Plus and how is your foundational raw ingredient sourced?

AlgaeCal is a South American species of ocean algae. This kiwifruit-sized algae pod is sustainably hand harvested, sun dried, then milled into a powder that contains whole food calcium and a dozen other minerals essential for bone health. AlgaeCal Plus contains additional magnesium and boron, plus vitamins D3, K2 (MK-7), and C to improve calcium absorption and efficacy.

I already take a calcium supplement. How is AlgaeCal different?

Traditional calcium supplements don't actually build bone—they merely slow bone loss as compared to a placebo. In three clinical studies of AlgaeCal, patients showed increased bone mineral density outright—more than would be expected by calcium alone or with vitamin D. A 7-year study indicates these gains are linear, continuing year after year.³

Is AlgaeCal Plus safe? Are there any cardiovascular concerns?

AlgaeCal Plus has been shown safe with no added cardiovascular risk, based on clinical studies where a panel of blood tests was measured. AlgaeCal's daily dosage is just 720 mg, allowing a healthy diet to supply the remainder. Our AlgaeCal Plus formula also provides vitamin K2 (MK-7), which helps steer calcium deposition toward bone rather than soft tissues such as arteries.¹⁻³

What is strontium and how does it promote bone health?

Strontium is a mineral that's naturally found in the earth's soil, in certain foods, and in your bones. Strontium Boost contains the mineral strontium bound to citrate (i.e., citric acid from fruit) to form the natural compound strontium citrate.

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Strontium has been shown to both increase the activity of osteoblasts (bone-building cells) and modulate the maturation of osteoclasts (bone-clearing cells).⁵⁻⁶ Strontium primarily deposits in the spongy part of newly formed bone (trabecular bone) which 1) improves the mineralization and formation of healthy bone crystals; 2) makes them more stable and resistant to compression damage; and 3) increases the number of bone-forming sites resulting in reduced fracture risk.^{8-9,21}

Why does AlgaeCal offer Triple Power Omega 3 Fish Oil?

Along with benefits to heart, brain, and joint health, studies associate healthy bones with higher omega-3 blood levels.¹²⁻¹³ Triple Power provides 750 mg of EPA and 450 mg of DHA per tablespoon in a delicious mango-flavor liquid, naturally sweetened with xylitol.

Triple Power is emulsified to provide 300% better absorption than standard fish oil capsules. Plus, we add the antioxidants curcumin and astaxanthin to preserve the oil's freshness while helping to combat oxidative stress in the body.¹⁴⁻¹⁷

When would I take AlgaeCal vs. AlgaeCal Plus? Will they work without Strontium Boost?

AlgaeCal alone demonstrated an annualized bone-density increase of 1.3%. However, those using AlgaeCal Plus and Strontium Boost experienced 3x the improvement, with average bone density increases of 4.1% per year.²

Since AlgaeCal Plus contains vitamin K2, it is contraindicated for those taking older classes of anticoagulants. AlgaeCal provides bone-health support for those unable to switch to newer types of blood thinners that don't interact with vitamin K. Discuss the best options with your healthcare provider.

How does AlgaeCal's Strontium Boost differ from other brands of natural strontium citrate?

Strontium Boost is the only strontium citrate backed by human clinical studies showing its safety and efficacy in building bone density. We're so confident that we guarantee an increase in bone density when using it in conjunction with AlgaeCal Plus for at least 12 months. See guarantee details on the inside back cover.

The AlgaeCal Scientific Advisory Board

AlgaeCal has enlisted the guidance of the bone-health industry's leading experts to form AlgaeCal's exclusive Scientific Advisory Board. The board is composed of doctors, authors, and innovators at the forefront of bone-health research who reject traditional thinking on the inevitability of bone loss.



Dr. Liz Lipski
PHD, CNS, FACN, IFMP, BCHN, LDN

Retired Professor and Director of Academic Development, Nutrition Programs in Clinical Nutrition at Maryland University of Integrative Health



Lara Pizzorno
MDIV, MA, LMT

Author of *Healthy Bones Healthy You!* and *Your Bones*; Editor of Longevity Medicine Review



Prof. Didier Hans
PHD, MBA

Head of Research & Development, Center of Bone Diseases, Lausanne University Hospital CHUV, Switzerland



Dr. Loren Fishman
MD, PHD

Medical Director of Manhattan Physical Medicine & Rehabilitation and Founder of the Yoga Injury Prevention Website

The Stronger Bones for Life Guarantee

How confident are we that your bones will get stronger? When you take AlgaeCal Plus and Strontium Boost as directed, we guarantee you'll increase your bone density, year after year, for as long as you take the products.

Here's how the guarantee works:

1. Purchase AlgaeCal Plus and Strontium Boost from your healthcare practice. Then, get a DEXA scan to establish your baseline bone density measurements.
2. Within 30 days of your scan, start taking both products at full dose as directed until your next DEXA scan.
3. Get a follow-up DEXA scan at the same clinic at least 12 months after your first scan. For the most accurate numbers, get your follow-up scan on the same machine with the same technician as your baseline scan.

You will see improvements in either your hip or spinal bone density—or we'll refund you directly for the purchase price of your AlgaeCal Plus and Strontium Boost between your two scans. Whether your follow-up scan is twelve, 18, or even 24 months after you start, you're covered!

That means you'll see "scan to scan to scan" improvements for the rest of your life—or your money back!

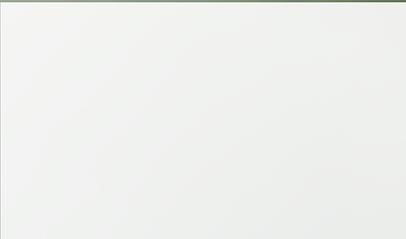
NOTE: To qualify, you must purchase your products from this practice and take them as directed during the entire period between your DEXA scans. The longer you take AlgaeCal, the stronger your bones will get!

References

AlgaeCal is a proponent of science-backed research into bone health. The below citations refer to PubMed abstracts of research referenced in this brochure and other sources.

- ¹ Nutr J. (2011) PMID: 21492428
- ² Int J Med Sci. (2011) PMID: 21448303
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- ⁴ Nat'l Instit Aging. (NIH): Osteoporosis
- ⁵ Pharmacol Ther. (2012) PMID: 22820094
- ⁶ Bone. (2012) PMID: 22270053
- ⁷ Osteoporos Int. (2015) PMID: 26100412
- ⁸ Curr Opin Rheumatol. (2006) PMID: 16735841
- ⁹ Prescrire Int. (2005) PMID: 16397977
- ¹⁰ Bone. (2004) PMID: 15336592
- ¹¹ Arch Dis Child. (1996) PMID: 9014608
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- ¹³ Am J Clin Nutr. (2007) PMID: 17344503
- ¹⁴ J Clin Diagn Res.(2014) PMID: 25478334
- ¹⁵ Biotechnol Adv. (2014) PMID: 24793420
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- ¹⁷ Food Chem Toxicol. (2013) PMID: 24157545
- ¹⁸ Curr Med Res Opin. (2019) PMID: 30106311
- ¹⁹ Lipids. (2016) PMID: 26688435
- ²⁰ Bone Health & Osteoporosis Fdn: Fast Facts
- ²¹ Obstet Gynecol Clin North Am. (2018) PMID: 30401551
- ²² J Am Heart Assoc. (2016) PMID: 27729333
- ²³ Nutrients. (2013) PMID: 24084054

Your healthcare provider has chosen to offer AlgaeCal products as a natural, clinically supported approach to improve bone density. Your practitioner can help you determine the right products for your situation, and provide recommendations on diet, exercise, diagnostic testing, and other interventions.



Practitioner: To request additional copies of this guide, or for other questions, please contact our functional medical team at clinicalsupport@algaeal.com. This email address is reserved for professional inquiries only.