

# AlgaeCal Plus

## Bone Health Formula

Serving Size: 2 capsules (twice daily)

Servings per Container: 60

Capsules per Container: 120



## Label & Product Facts

### Medicinal Ingredients QTY

#### *Each serving (2 capsules) contains:*

Vitamin C..... 25 mg  
(as calcium ascorbate)

Vitamin D3..... 800 IU  
(as cholecalciferol)

Vitamin K2 ..... 50 mcg  
(as menaquinone-7)

Calcium..... 360 mg  
(from Algas calcareas)

Magnesium ..... 175 mg  
(from Algas calcareas  
and magnesium oxide)

Boron ..... 1.5 mg  
(as glycinate)

### Non-Medicinal Ingredients:

Vegetable cellulose (vegetarian capsule), silicon dioxide, magnesium stearate (vegetable grade).

### Recommended Dose:

Two capsules with breakfast and two with dinner to increase bone density. Three capsules per day (1 capsule with each meal) to maintain current healthy bone density. Strontium should not be taken together with calcium as these two chemically similar minerals compete at the same absorption sites.

### Recommended Use:

Vitamin and mineral supplement that helps in the development and maintenance of bones, cartilage, teeth and gums and in connective tissue formation. **Adult use only.**

This product is non-GMO and gluten free.

**Allowable health claim per Health Canada:** In conjunction with Vitamin D (20 mcg) and a healthy diet, AlgaeCal helps to increase/improve bone mineral density (BMD) and improve/maintain bone health in women.

### Caution:

Calcium supplements should not be taken at the same time throughout the day as (at least 3 hours apart): quinolone antibiotics and other antibiotics; traditionally-prescribed bone drugs; some heart medications; thyroid medications; water pills; iron supplements; strontium supplements. Vitamin K, including K2-7, may interfere with anti-coagulant drugs. Consult a health care professional prior to use if you are pregnant or lactating; have a medical condition or taking any medication for possible interactions. In some cases, calcium reduces the effectiveness or required dose for certain medications. **Keep out of reach of children.**