

# AlgaeCal Plus and Strontium Boost Overview

Dear doctor,

Your patient is considering using AlgaeCal supplements to increase their bone density, naturally.

The following is an overview of the safety and efficacy of our plant-based calcium supplement, AlgaeCal Plus, and strontium citrate supplement, Strontium Boost. Together, this duo is clinically supported to increase bone density.

## AlgaeCal Plus

AlgaeCal Plus is a calcium supplement sourced from a special marine algae called Lithothamnion superpositum. Here's what makes AlgaeCal Plus different from other calcium supplements on the market:

- 1 AlgaeCal Plus is plant-based, not rock-based.
- 2 AlgaeCal Plus provides all 13 essential, bone-supporting minerals, including calcium and magnesium, in the correct ratio for human bone.
- 3 Studies show AlgaeCal Plus is effective at lower doses (720 mg/day) than calcium carbonate (1200 mg).

## Strontium Boost

Strontium Boost complements AlgaeCal Plus with a dose of natural strontium citrate.

As you may know, strontium is found naturally in soil, everyday foods, and bones. And strontium can do something no other mineral can. Strontium slows down the rate that bone is broken down AND stimulates the rate of new bone growth too!

## Safety

The core ingredient in AlgaeCal Plus is simply powder created by milling the marine algae. This powder is GRAS certified (Generally Recognized As Safe), and has an NDI (New Dietary Ingredient number) with the US Food and Drug Administration. For the final product, we just add a little extra; magnesium, boron, and vitamins C, D3, and K2.

What's more, the combination of AlgaeCal Plus and Strontium Boost has been the subject of 3 published human clinical studies. All three studies found that the combination had no adverse side effects.

The longest study was a 7-year follow up study. Safety was well established by a panel of 45 blood chemistries drawn at the beginning and end of the study. This is significant given recent studies suggesting traditional calcium supplements may increase cardiovascular risks.

## Does it Work?

All 3 published human clinical studies on AlgaeCal Plus alone or along with Strontium Boost showed an increase in bone density. Don't forget, traditional calcium supplements can only slow bone loss.

The best results were obtained with the combination of AlgaeCal Plus and Strontium Boost. Average increases in bone mineral density (BMD) over a year were more than 3%. And in the 7-year study mentioned earlier, postmenopausal women increased their BMD by an average of approximately 7.3% over the 7-year period. This study went on to win the "2016 Ragus Research Award" for Best Original Research Paper, presented by the Journal of the American College of Nutrition.

You can find all the studies mentioned in this form on PubMed under these ID numbers: 21492428, 21448303, 26885697

Health Canada has reviewed these studies and concludes that AlgaeCal is permitted to make a unique health claim, saying AlgaeCal "may increase bone density in women".

Warm regards,  
Dean Neuls, CEO, AlgaeCal

## AlgaeCal Plus

### Suggested Use:

Take 4 capsules daily (2 caps twice a day with meals) for increased bone strength.



## Supplement Facts

Serving Size 4 Capsules  
Servings Per Container: 30

Amount Per Serving		%DV
Vitamin C (as calcium ascorbate)	50mg	84%
Vitamin D3 (as cholecalciferol)	1600 IU	400%
Vitamin K2 (as menaquinone-7)	100 mcg	126%
Calcium (from algal calcareas)	720 mg	72%
Magnesium (from algal calcareas and magnesium oxide)	350 mg	88%
Boron (as glycinate)	3.0 mg*	

\*Daily Value (DV) not established  
Other Ingredients: Vegetable cellulose (vegetarian capsule), silicon dioxide, magnesium stearate (vegetable grade).



## Strontium Boost

### Suggested Use:

Take 2 capsules once daily with or without food.

For best absorption, take strontium at least two hours apart from AlgaeCal or calcium-containing meals



## Supplement Facts

Serving Size 2 Capsules  
Servings Per Container 30

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

\*Daily Value (DV) not established.



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