



## Doctor's overview for AlgaeCal Plus and Strontium Boost

Dear Doctor,

Your patient is considering taking AlgaeCal Plus and Strontium Boost for osteoporosis. We provide this brief overview of the safety and efficacy of these two products for you.

### SAFETY

The foundation of AlgaeCal Plus is a marine algae calcium source which is different from calcium carbonate in several respects:

1. AlgaeCal is a whole plant compared to traditional limestone or marble sourced calcium.
2. AlgaeCal calcium has been shown effective at lower doses (720 mg/day) than carbonate (1200 mg)
3. AlgaeCal naturally contains 2-4% magnesium, plus 11 trace minerals shown to play a role in bone health in addition to calcium.

AlgaeCal powder is GRAS (Generally Recognized As Safe), and has an NDI (New Dietary Ingredient number) with the US Food and Drug Administration. The AlgaeCal Plus formula contains added Vitamin C, D3, K2, magnesium and boron.

The combination of AlgaeCal Plus and Strontium Boost has been the subject of 3 published human clinical studies where a panel of 43 blood tests were evaluated along with quality of life questionnaire with one year of use.

Strontium is a mineral naturally found in soil, food, and our bones. It is clinically supported in numerous salts (strontium ranelate, carbonate, citrate) to help with our bone remodeling process. Not only does strontium reduce osteoclast activities, it increases the formation of new bone by stimulating osteoblasts.

A 7 year follow up study showing excellent safety for adults taking the combination as recommended has been completed. The study showed women in their mid 60's gained 7.3% more bone over 7 years - and that it happened in a linear fashion with about 1% added per year. Safety was well established by a panel of 45 blood chemistries drawn at baseline and ending. This is significant given recent studies suggesting traditional calcium supplements may increase cardiovascular risks.

### EFFICACY

5 groups of adults (totalling over 400 participants) with various AlgaeCal formulations all increased bone density outright in 6 months to one year. As you know, traditional calcium supplements only slow annual bone loss in adults. The best results came from the AlgaeCal Plus and Strontium Boost combination with annualized average increase of more than 3%. A long term study with post menopausal women taking the two products shows a linear increase in BMD of approximately 5% over a 7 year period.

Health Canada has reviewed these studies concluding that a unique health claim for AlgaeCal "may increase bone density in women" is allowed.

References will gladly be provided or search of "algaecal" on Pubmed will show the studies.

Warm Regards,

*Dean Neuls*

Dean Neuls  
CEO, AlgaeCal Inc.

### AlgaeCal Plus

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



## Supplement Facts

**Serving Size 2 Capsules**  
**Servings Per Container 60**

Amount Per Serving		%DV
Vitamin C (as calcium ascorbate)	25mg	42%
Vitamin D3 (as cholecalciferol)	800 IU	200%
Vitamin K2 (as menaquinone-7)	50 mcg	63%
Calcium (from algal calcereas)	360 mg	36%
Magnesium (from algal calcereas and magnesium oxide)	175 mg	44%
Boron (as glycinate)	1.5 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.

