

# How to Take Your AlgaeCal Supplements



## AlgaeCal Plus



Take 2 capsules daily with breakfast

&



Take 2 capsules daily with dinner



## Strontium Boost



Take 2 capsules before bed on an empty stomach



## AlgaeCal Basic



Take 3 capsules daily for full clinical dose

OR

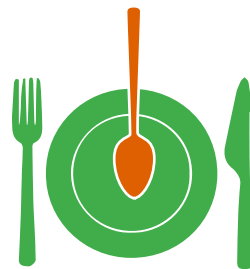


Take 2 capsules daily to maintain

\* In both cases, take only 1 capsule per meal



## Triple Power



Take 1 tablespoon daily with food to **maintain** omega 3 levels

OR



Take 2 tablespoons daily with food to **increase** omega 3 levels

### DISCLAIMER:

As a general rule of thumb, it is best to separate any prescription medication by at least 2-3 hours from when you take AlgaeCal Plus or Strontium Boost. This will help limit any potential interactions and ensure you receive maximum absorption from both your medications and supplements. However, some medications are recommended 3-4 hours apart. Please confirm with your doctor for your unique case.