

# How To Take Your **AlgaeCal** Supplements



## AlgaeCal **Plus**



Take 2 capsules with breakfast



Take 2 capsules with dinner



## Strontium **Boost**



Take 2 capsules before bed with or without food (2 hours apart from calcium rich food)



## AlgaeCal **Basic**



x 3 or 2

Take 3 capsules daily for full clinical dose OR 2 capsules daily to maintain. In both cases, take only 1 capsule per meal.



## **Triple** Power Fish Oil



Take 1 spoonful with food to **maintain** omega 3 levels



Take 2 spoonfuls with food to **increase** omega 3 levels