



Doctor's overview for AlgaeCal Plus and Strontium Boost

Dear Doctor,

Your patient is considering taking AlgaeCal Plus and Strontium Boost for osteoporosis. This form provides a brief overview of the safety and efficacy of these two products.

SAFETY

The foundation of AlgaeCal Plus is a marine algae calcium source which is different from calcium carbonate and calcium citrate 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 blood chemistries were evaluated in each, along with quality of life questionnaires with one year of use.

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

Now, a 7-year follow up study shows excellent safety for adults taking the combination as recommended. The study showed women in their mid 60s 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

Five 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 increases of more than 3%. A long-term study with postmenopausal women taking the two products shows a linear increase in BMD of approximately 7.3% over a 7-year period.

Health Canada has reviewed these studies concluding that AlgaeCal Inc. is permitted to make a unique health claim for AlgaeCal, saying AlgaeCal “may increase bone density in women”.

References will gladly be provided or a 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 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.

