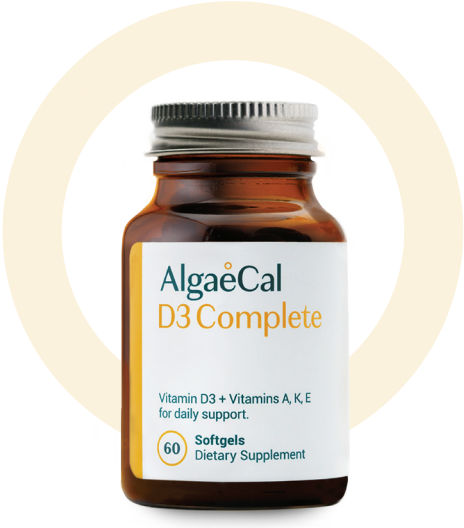
AlgaeCal D3 Complete

The most active forms of vitamins D, A, E, & K for stronger bones and greater well-being.



Recent research highlights the important role of vitamins D, A, E, and K in working together to protect our bones by employing various cellular mechanisms. These vitamins are fat soluble and offer distinct benefits crucial for maintaining overall health. Notably, they play a vital role in keeping our skin, hair, and nails healthy, while also supporting our immune system. Additionally, they contribute to the well-being of our cardiovascular and brain health.

In addition to contributing to improved bone health, here are a few of the health properties of these fat soluble vitamins

- **Vitamin D3** helps fortify the skin's protective barrier while supporting cell growth and repair.[1] Notably, vitamin D3 also bolsters immune health.[2]
- **Vitamin A**, particularly in the retinyl palmitate form, proves to be a vital ally for skin, hair, and nails. Its integral role in promoting skin cell production and maintenance supports overall skin health.[3] This vitamin also lends support to the immune system and contributes to neurological well-being.
- **Vitamin E** envelops the skin with a protective shield, shielding it from harmful environmental stressors like UV radiation.[4] Beyond skin health, it extends its care to hair and nails, safeguarding against oxidative damage. Additionally, its versatility includes immune modulation and promoting cardiovascular well-being.[5]
- **Vitamin K**, with its two forms—K1 (phytonadione) and K2 (menaquinones)—offer a range of physiological functions. Notably, Vitamin K2, especially in the MK-4 and MK-7 forms, stands out as a guardian of cardiovascular health by skillfully regulating calcium metabolism and preventing harmful arterial calcium deposits. Excitingly, emerging evidence suggests that vitamin K may also play a protective role in preserving brain health.[6]

Speak to your health care provider to see if this product is right for you. Give one of our Bone Health Consultants a call to learn more at **(888) 288-1402** or email them at **support@algaecal.com**

Supplement Facts

Serving Size 1 Soft Gel
Servings Per Container 60

Amount Per Serving	AlgeCal D3 Complete
Vitamin A (as Retinyl Palmitate) 550mcg (1000 IU)	61%
Vitamin D (as Cholecalciferol) 25mcg (1000 IU)	125%
Vitamin E (as d-alpha Tocopherol) 2.83mg	19%
Vitamin K (as Phytonadione) 1000mcg	833%
Vitamin K2	
as Menaquinone-4 (MK-4) 4,500mcg	*
as Menaquinone-7 (MK-7) (K2VITAL®) 50mcg	*
Vitamin E Isomers	
d-gamma Tocopherol 25mg	*
Mixed Tocotrienols (as DeltaGold®) 50mg	*

*Daily Value not established.

Other Ingredients: Gelatin (capsule), medium chain triglycerides, glycerin, purified water.

Suggested Use: Use as a dietary supplement to support overall wellbeing, including the brain, heart, muscles, skin, hair, nails, and immune system. Provides support for healthy bones and is recommended as a companion product for those taking AlgaeCal formulas to improve bone density.

Suggested Dose: As a dietary supplement adults take 1-4 softgels (depending on your 25(OH)D status) daily with food. Consult a healthcare professional if you are pregnant, taking any medications, or to obtain dosage for children.

Cautions: Patients do not exceed recommended dosage unless directed by a physician. Individuals taking blood thinners should avoid Vitamin K supplements unless otherwise directed by a physician. Consult your physician or pharmacist before use if you are pregnant, lactating, have a medical condition or are taking any medication or dietary supplements. Keep at room temperature in a dry place away from direct sunlight. Do not use it if the seal under the cap is broken. Keep out of reach of children.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

References:

1. Skin Pharmacol Physiol. 2018;31(2):74-86. doi:10.1159/000485132
2. J Investig Med. 2011;59(6):881-886. doi:10.2310
3. Modern Nutrition in Health and Disease (11th ed., pp. 190-210). Lippincott Williams & Wilkins.
4. Indian Dermatol Online J. 2016;7(4):311-315. doi:10.4103/2229-5178.185494
5. Adv Nutr. 2012;3(2):204-212. Published 2012 Mar 1. doi:10.3945/an.111.001784

Health Care Professional Information Sheet