

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

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.