

AdvaCAL vs. Calcium Carbonate from Algae
(includes interim measures from multi-year AdvaCAL Studies)

Author	Study	Calcium Type	Calcium Per Day	Number of People	Avg Age	Time	Bone Measured	BMD %Chg vs Baseline
Fujita '96	Published	AAACa AdvaCAL	900 mg	32	83	6 Mo.	Spine	1.1
Fujita '97	Published	AAACa AdvaCAL	900 mg	47	63	1-6 Mo.	Spine	2.1
Fujita '00	Published	AAACa AdvaCAL	900 mg	16	60	4 Mo.	Radial Trabec	3.8
Michalek	Unpublished	Calcium Carbonate from Algae	756 mg plus Exercise Diet Program Vitamin D Strontium	51	18-85	6 Mo.	Not Specified	1.09

The top three studies involved AdvaCAL calcium. In each, average bone density increased for participants taking AdvaCAL at 6 months or sooner (from 1.1% to 3.8%). There were no other changes in diet, supplementation or lifestyle.

The fourth study above is the only known one involving calcium carbonate from algae. (AlgaeCal®). As part of a bone health plan, participants in this study took algaecal, strontium, two levels of bone nutrients and followed a bone-healthy diet and exercise program. Only one of the two groups in the study saw an increase in bone density (1.09%). That group took slightly more algaecal but significantly higher amounts of bone nutrients, especially vitamin D. That mixed results of this study is consistent with other calcium carbonate research. [Click here for details](#)

Conclusion: Unlike the AdvaCAL studies, the single Algaecal study involved many diet, supplementation and lifestyle changes, at once. As such, the study authors found it impossible to determine what bone benefit, if any, the algae calcium carbonate provided. Moreover, because only the group taking Algaecal with higher amounts of bone nutrients saw any bone benefit, the findings suggest that algae calcium carbonate overall may be less important than the other nutrients taken. Those nutrients are also available in many calcium supplements.

1. Report showing calcium from algae is calcium carbonate (Centre d'etude & et de valorisation des Algues. Report to Algae CAL Int'l, Las Vegas, NV. Feb 2007).
2. Michalek concludes his report by recommending a "controlled double-blind trial to isolate the effects of the supplement separate and apart from the potential interactive effects of the other components of the Plan." Reference: Michalek, et al "Effects of the Algaecal® Bone-Health Program on Bone Mineral Density (BMD)", Unpublished