

ACTUAL SIZE

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Store in a cool, dry place. Please Recycle.

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

Silica is a naturally occurring non-metallic element, also known as silicon. It is a component of certain bodily polysaccharide structures such as hair, skin and nails. Our Silica is derived from Horsetail Extract and is thoroughly screened for potency and purity. We have complexed the silica in this supplement with other synergistic ingredients for a truly effective dietary supplement.*

SUGGESTED USAGE: As a dietary supplement, take 1 tablet 1 to 3 times daily, preferably with food. Consider taking these other NOW® products: Biotin, Hyaluronic Acid and L-Cysteine.

Silica Complex

STRUCTURAL SUPPORT

500 mg - 8% Extract

- Promotes Hair, Skin and Nail Health
- Supports Joint Structures*

180 Tablets

A Dietary Supplement



Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Calcium (from Calcium Amino Acid Chelate)	50 mg	5%
Zinc (from Zinc Amino Acid Chelate)	5 mg	33%
Manganese (from Manganese Amino Acid Chelate)	2 mg	100%
Horsetail Extract (<i>Equisetum arvense</i>)	500 mg	†
Silica (from Horsetail Extract)	40 mg	†
Oat Straw (<i>Avena sativa</i>)	100 mg	†
Bentonite Mineral Powder	10 mg	†
Boron (from Amino Acid Chelate)	1 mg	†
† Daily Value not established.		

Other Ingredients: Cellulose, Stearic Acid (vegetable source), Croscarmellose Sodium, Magnesium Stearate (vegetable source) and Tablet Coating.

Manufactured by NOW FOODS, 395 S. Glen Ellyn Rd.

Bloomington, IL 60108 Made in the U.S.A. www.nowfoods.com

Contains no sugar, salt, yeast, wheat, soy, milk, egg, shellfish or preservatives.