Shake well before use. Refrigerate after opening, but not below 40° F (4° C). Keep cap tightly closed.

Keep out of reach of children. Safety sealed for your protection. Do not use if seal under cap is broken or missing.

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Questions? 1-800-9NATURE / naturesway.com

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1.5x.5"
lot #/expiration area

*This statement has not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

SINCE Nature's Way 1969

CITRUS FLAVORED

Body Essential® silica Gel

Hair, Skin, Nails & Connective Tissue*

16.9 FL OZ (1 PINT 0.9 OZ) (500 mL) • DIETARY SUPPLEMENT

Recommendation: Adults and children over 12 years of age take 1 Tablespoon daily. May be diluted in water or juice. If pregnant, nursing, or taking any medications, consult a healthcare professional before use.

Supplement Facts

Serving Size 1 Tablespoon (15 mL)
Servings per Container 33

Amount per Serving		% DV
Calories	10	
Total Carbohydrate	2 g	<1%†
Sodium	40 mg	2%
Silica	420 mg	**

†Percent Daily Values (DV) are based on a 2,000 calorie diet.
**Daily Value not established.

Other ingredients: purified water, glycerin, preservatives to maintain freshness (citric acid, sodium citrate), guar gum, preservatives to maintain freshness (potassium sorbate, sodium benzoate)