

**Body Essential® silica** supports hair, skin, nail, and connective tissue health.\* Silica helps support bone structure.\*

**Body Essential® silica** is a good source of calcium and vitamin D.

**Keep out of reach of children.** Safety sealed with printed inner seal. Do not use if seal is broken or missing.

**GLUTEN FREE.** No salt, wheat, soy, dairy products, yeast-derived ingredients, or artificial colors, flavors, or preservatives.

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\*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.



**Body Essential®**  
**silica Caps**  
with Calcium

Dietary Mineral Supplement for  
Nails, Hair, Skin and Connective Tissue\*

**90 Vegan Capsules**

**Recommendation:**

Adults and children over 12 years of age, take 2 capsules three times daily between meals. If you are pregnant, nursing, or taking any medications, consult a healthcare professional before use.

**Supplement Facts**

Serving Size 2 Capsules

Servings per Container 45

Amount per Serving		% DV
Vitamin D (as ergocalciferol)	3 mcg	15%
Calcium (as calcium carbonate)	266 mg	20%
Silica	224 mg	**

\*\*Daily Value (DV) not established.

Other ingredients: cellulose, plant-derived capsule (hypromellose), magnesium stearate

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