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Silica strengthens and supports healthy skin, hair, bones and nails. Using the finest quality Horsetail Extract with bioflavonoids, Alta Health Silica provides the pure ortho form of soluble/collodial Silica by means of special extraction process. Silica is an essential trace mineral that plays a biological role in the processes by which bone, cartilage, connective tissue and skin are formed, and is a component of collagen. Alta's Herbal Silica provides the best absorption and assimilation.

Consult a Health Care Professional before taking this product if you are a pregnant or lactating woman, currently under medical care or are taking prescription drugs.

Do not accept if seal is broken. KEEP OUT OF REACH OF CHILDREN. Store in a cool, dry place. Do not freeze.

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.

ALTA
HEALTH PRODUCTS
Herbal
SILICA
with bioflavonoids
The Natural
Nutrient for Hair,
Bones and Nails
A Dietary Supplement
120 Tablets

Directions: As a dietary supplement, take 1 to 3 tablets a daily, preferably with meals.

Supplement Facts

Serving Size: 1 to 3 Tablets

Servings per Container:	1 Tablet	3 Tablets	
	120 servings	40 servings	
Amount Per Serving	1 Tablet	3 Tablets	%Daily Value
Horsetail Extract (Equisetum Arvense)	500 mg	1500 mg	†
Silica (as orthosilicic acid)	11 mg	33 mg	†

† Daily Value not established

Other Ingredients: Whey, Microcrystalline Cellulose, Stearic Acid, Croscarmellose Sodium, Calcium Silicate, Magnesium Stearate. Tablets are coated with a vegetable based coating. Free From: Sugar, salt, yeast, wheat, soy, colorings, flavorings or preservatives. No GMO. Gluten Free.

This is a natural product, color and taste may vary.

Formulated exclusively for:
Made in the USA

ALTA Idaho City,
HEALTH PRODUCTS ID 83631
www.altahealthproducts.com