

Super Silica Complex™ contains Horsetail leaf extract, which naturally contains silica, a mineral that synergistically works together with the other nutrients and minerals in this premium formula to nutritionally support healthy bones, hair & nails.\*

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



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Silica Supplement with Minerals

# SUPER SILICA COMPLEX™

*Nutritionally Supports  
Healthy Bones, Hair & Nails\**

**Now with 20 mg Silica**

60 Vegetarian Tablets

Dietary Supplement

## Supplement Facts

Serving Size: 1 Tablet  
Servings Per Container: 60

| Amount Per Serving                                             |        | % Daily Value |
|----------------------------------------------------------------|--------|---------------|
| Calcium<br>(as calcium carbonate & 2% calcium citrate)         | 200 mg | 15%           |
| Magnesium<br>(as magnesium oxide & 2% magnesium citrate)       | 150 mg | 36%           |
| Zinc (as zinc gluconate)                                       | 15 mg  | 136%†         |
| Horsetail leaf extract<br>(standardized for 7% {20 mg} silica) | 286 mg | †             |
| Betaine hydrochloride                                          | 50 mg  | †             |
| Boron (as boron glycinate)                                     | 1.5 mg |               |
| † Daily Value not established                                  |        |               |

**Other ingredients:** Microcrystalline cellulose, stearic acid, croscarmellose sodium, magnesium stearate, dicalcium phosphate, silicon dioxide, hydroxypropyl methylcellulose, polyethylene glycol.

**Directions:** As a dietary supplement for adults, take 1 tablet daily or as directed by a healthcare professional.

Do not use if you are pregnant or nursing.  
Keep out of reach of children. Protect from light.