

TABLET SIZE



Made in the USA

CODE 1490C

V3

Caution: For adults only. Individuals with liver dysfunction should not use this supplement. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children. Do Not Eat Freshness Packet. Keep in Bottle. Store in a cool, dry place after opening. Please Recycle.

*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.

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 is a naturally occurring element necessary for the production of collagen and elastin, two structural proteins important for the health of skin, hair, and nails. It is also a component of these bodily structures. NOW® Silica Complex is a unique blend of nutrients that support the health of skin, hair, and nails, structural features essential to natural beauty, along with the integrity of joints and bones.*



Silica Complex

STRUCTURAL SUPPORT

With Horsetail Extract

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

90 Tablets

A Dietary Supplement
Vegetarian/Vegan



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> & <i>Equisetum hyemale</i>) (Aerial Parts)	575 mg	†
Silica (from Horsetail Extract)	40 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 and Vegetarian Coating.

Manufactured by NOW FOODS

395 S. Glen Ellyn Rd., Bloomingdale, IL 60108, USA

For more product information visit www.nowfoods.com/1490

Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Natural color variations may occur in this product.