

Suggested Usage: Take 1 tablet 1 to 3 times daily, preferably with food.

Silica is a naturally occurring element necessary for the production of collagen and glycosaminoglycan, two structural compounds important for the health of skin and joints.* It is also an important component of hair and nail health.* Our 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.*

*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.

Caution: For adults only. Not recommended for pregnant/nursing women. Consult physician if taking medication (including diuretics), or have a medical condition (especially liver, kidney, heart dysfunction). Keep out of reach of children.

Natural color variation may occur in this product.

Distributed by Lucky Health Group Inc.
Conshohocken, PA 19428, USA
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www.LuckyVitamin.com



1 YEAR
happiness
GUARANTEE

TABLET SIZE

**LUCKY
VITAMIN**

Silica Complex

with Horsetail Extract

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

180 Tablets

Dietary Supplement

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Calcium (from Calcium Citrate)	50 mg	4%
Zinc (from Zinc Amino Acid Chelate)	5 mg	45%
Manganese (from Manganese Amino Acid Chelate)	2 mg	87%
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 Boron Amino Acid Chelate)	1 mg	†

† Daily Value not established.

Other ingredients: Cellulose, Stearic Acid (vegetable source), Croscarmellose Sodium and Vegetarian Coating.

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.

Store in a cool, dry place after opening.

Non-
GMO



LU1492D V1