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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 Organic 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 Organic
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 daily, preferably with meals.

Supplement Facts

Serving Size: 1 to 3 tablets

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

† Daily Value not established

Other ingredients: Whey, Cellulose, Hydroxypropyl cellulose, Stearic Acid, Silicon Dioxide, Magnesium Stearate, Croscarmellose Sodium. Tablets are clear film coated.
Free From: Sugar, salt, yeast, wheat, soy, colorings, flavorings or preservatives. No GMO
Gluten Free.

Formulated exclusively for: **ALTA**
HEALTH PRODUCTS
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