



silica

500mg 7% silica

hair[✓]

skin[✓]

nails[✓]

herb

360 tablets
dietary supplement

gluten
free

dairy
free

soy
free

nut
free

actual size

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Horsetail Extract (<i>Equisetum arvense</i>)(herb) std. to 7% Silica 35 mg	500 mg	*

* Daily Value not established.

Other ingredients: Dicalcium phosphate, microcrystalline cellulose, stearic acid, croscarmellose sodium, aqueous coating, magnesium stearate, silica, hydroxypropyl cellulose.

Does not contain: Yeast, Wheat, Gluten, Sugar, Salt, Soy, Dairy, Citrus, Fish, Animal Derivatives, Preservatives, Artificial Colors or Flavors.

✓ 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.



Item No.
VS-1218
1041249



DIRECTIONS: As a dietary supplement, take one (1) to two (2) tablets daily, preferably with meals.

WARNING: Consult your healthcare provider prior to use if you are pregnant, nursing, taking any medication or have any medical conditions.

STORE IN A COOL, DRY PLACE.
KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT
Do not use if outer seal is broken or missing.

Distributed by:
Vitamin Shoppe, Inc.
Secaucus, NJ 07094
Visit www.vitaminshoppe.com
or call 1-800-223-1216
for more information
and to reorder.



learn more at
vsquality.net