

Body Essential® silica is a dietary supplement to support and give strength to nails, hair, skin and connective tissue, tendons and ligaments.* Silica works with calcium in bone formation and bone remineralization.*

Body Essential® silica capsules have the additional benefit of calcium and vitamin D. Adequate calcium and vitamin D throughout life, as part of a well-balanced diet, may reduce the risk of osteoporosis.

Vcaps® is a trademark of Capsugel.



*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.

**Body
Essential®
silica Caps
with Calcium**

Dietary Mineral Supplement
for Nails, Hair, Skin
and Connective Tissue

90 Vcaps®

Directions for use:

Adults and children over 12 years of age take 2 capsules three times daily between meals.

Supplement Facts

Serving Size 2 Capsules

Servings Per Container 45

Amount Per Serving	% Daily Value	
Vitamin D2 (as Ergocalciferol)	133 IU	33%
Calcium (as Calcium carbonate)	266 mg	27%
Silica	224 mg	**

****Daily Value not established**

Other ingredients: Plant-derived capsule, Vegetable modified cellulose, Magnesium stearate



NatureWorks®

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825 Challenger Drive, Green Bay, WI 54311 USA
1-800-9NATURE • www.naturesway.com