

Silica obtained from marine-derived Red Algae Powder (*Lithothamnium coralloides*) is a source of the natural trace element silicon. Silicon is found in many unrefined grains and in some seafood sources, including mussels. Silicon intake has been positively associated with bone health.*

Carefully Manufactured by:
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SOLGB72570 00B

Since 1947
**OCEANIC
SILICA**
FROM RED ALGAE

AN EXCELLENT SOURCE OF CALCIUM
SILICON MAY SUPPORT BONE HEALTH*

GLUTEN, WHEAT & DAIRY FREE
SUITABLE FOR VEGETARIANS



100 VEGETABLE CAPSULES

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 2 Vegetable Capsules
Servings Per Container: 50

Amount Per Serving	%DV	
Calcium	200 mg	20%
Silica	108 mg	**
(Lithothamnium coralloides) (from red algae powder, 50 mg elemental silicon)		

**Daily Value (DV) not established

Other Ingredients: Microcrystalline Cellulose,
Vegetable Cellulose, Silica, Vegetable Magnesium
Stearate.

**FREE OF: Gluten, Wheat, Dairy, Soy,
Yeast, Sugar, Sodium, Artificial Flavor,
Sweetener, Preservatives and Color.**

SUGGESTED USE: As a dietary supplement for adults, take two (2) vegetable capsules daily, preferably at meal-times, or as directed by a healthcare practitioner.

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking any dietary supplement. Keep out of reach of children. Store in a cool, dry place. Do not use if outer bottle seal is missing, torn or damaged in any way.

Solgar's KOF-K certification #K-1250

*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.

