

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.

◆ LN60000090.01 BLK8623



*This statement has not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure, or prevent any disease.



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

90 Capsules

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

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Green Bay, WI 54311 USA
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