

Suggested Usage: Take 1 tablet 1 to 3 times daily, preferably with food.

Silica is a naturally occurring element necessary for the production of collagen and glycosaminoglycan, two structural compounds important for the health of skin and joints.* It is also an important component of hair and nail health.* NOW® Silica Complex is a unique blend of nutrients that support the health of skin, hair, and nails, structural features essential to natural beauty, along with the integrity of joints and bones.*

*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.

Caution: For adults only. Not recommended for pregnant/nursing women. Consult physician if taking medication (including diuretics), or have a medical condition (especially liver, kidney, heart dysfunction). Keep out of reach of children.

Do Not Eat Freshness Packet.
Keep in Bottle.

Natural color variation may occur in this product.

TABLET SIZE

CODE 1490C V5



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Silica Complex

With Horsetail Extract

Structural Support*

- Supports Hair, Skin and Nail Health*
- Supports Joint Structures*

90 Tablets



A Dietary Supplement Vegetarian/Vegan

Minerals

Family owned since 1968.

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Calcium (from Calcium Amino Acid Chelate)	50 mg	4%
Zinc (from Zinc Amino Acid Chelate)	5 mg	45%
Manganese (from Manganese Amino Acid Chelate)	2 mg	87%
Horsetail Extract	575 mg	†
(<i>Equisetum arvense</i> & <i>Equisetum hyemale</i>) (Aerial Parts)		
Silica (from Horsetail Extract)	40 mg	†
Bentonite Mineral Powder	10 mg	†
Boron (from Boron Amino Acid Chelate)	1 mg	†

† Daily Value not established.

Other ingredients: Cellulose, Stearic Acid (vegetable source), Croscarmellose Sodium and Vegetarian Coating.

NOW FOODS, 395 S. Glen Ellyn Rd.
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Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Store in a cool, dry place after opening.

Please Recycle.

