

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.

Natural color variation may occur in this product.

TABLET SIZE

CODE 1492D V6



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Silica Complex

With Horsetail Extract

Structural Support*

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

180 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 Citrate)	50 mg	4%
Zinc (from Zinc Amino Acid Chelate)	5 mg	45%
Manganese (from Manganese Amino Acid Chelate)	2 mg	87%
Horsetail Extract (<i>Equisetum arvense</i> & <i>Equisetum hyemale</i>) (Aerial Parts)	575 mg	†
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.

