



silica

500mg 7% silica

herb

120 tablets
dietary supplement

hair^v | skin^v | nails^v

gluten
free

dairy
free

soy
free

nut
free

actual size



Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value†
Calcium (as dicalcium phosphate)	105 mg	8%
Horsetail Extract (<i>Equisetum arvense</i>)(whole herb) std. to 7% Silica 35 mg	500 mg	*

† Percent Daily Values are based on a 2,000 calorie diet.

* Daily Value not established.

Other ingredients: Microcrystalline cellulose, stearic acid, croscarmellose sodium, magnesium stearate, silica, hydroxypropyl cellulose, hypromellose and glycerin.

Does not contain: Wheat, Gluten, Sugar, Salt, Soy, Dairy, Fish, Artificial Colors or Flavors.

▼ 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.

DIRECTIONS: As a dietary supplement, take one (1) tablet up to twice daily, preferably with meals.

WARNING: Consult your healthcare provider prior to use if you are pregnant, nursing, taking any medication or have any medical conditions.

STORE IN A COOL, DRY PLACE.
KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT
Do not use if outer seal is broken or missing.

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