

Silica Complete

Silica 200mg and MSM 300mg with key nutrients

Presentation

A white speckled oval tablet.

Each tablet delivers:

Vitamin C	40mg
Biotin	50µg
Zinc (as Citrate)	5mg
MSM (Methylsulphonylmethane)	300mg
Powdered Bamboo Extract	266mg
Providing Silica	200mg

Tableted with:

Cellulose, DiCalcium Phosphate, Silicon Dioxide, Stearic Acid, Magnesium Stearate, Tablet Coating (Hydroxypropyl Methylcellulose, Glycerin).

Disintegration time: Less than 1 hour.

Suitable for vegetarians  **and vegans** 

quantity
60

type
tablets

code
8545



Uses

This unique formula is probably the most comprehensive supplement for hair, skin and nails available.

Just one tablet provides the full 200mg of silica. We use naturally derived silica from bamboo gum as it contains 75% organic silica and is one of the richest and most bioavailable forms.

In addition to this, MSM (Methylsulphonylmethane), a natural sulphur containing compound, has been included as it is an essential nutrient required for the body's production of proteins, many of which are found in hair, skin and nails.

To complete the formula for optimal skin, hair and nail health, we have also added:

- Biotin as it contributes to the maintenance of normal hair and skin
- Zinc as it contributes to the maintenance of normal skin, hair and nails
- Vitamin C as it contributes to the maintenance of normal collagen production.

Usage and administration

1 tablet daily.

Allergen advice

None (see page 194).

Cautions

This product is not recommended for pregnant or lactating women.

Storage instructions

Store in a cool dry place and protected from sunlight.

Legal category

Food supplement.

