

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 1492E V7



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 Plant Extract (Equisetum arvense & Equisetum hyemale) (Aerial Parts)	575 mg	†
Silica (from Horsetail Extract)	40 mg	†
Boron (from Boron Amino Acid Chelate)	1 mg	†

† Daily Value not established.

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

NOW FOODS, 395 S. Glen Ellyn Rd.
Bloomington, IL 60108, USA nowfoods.com

Made and quality tested in the USA with globally sourced ingredients.

Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish, tree nut or sesame ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Store in a cool, dry place after opening.

