



Category 10  
Specialty Supplements



**GOODFORYOU**  
GOOD FOR LIFE

## Silica Complex

90 Tabs #101490

**Description: Silica Complex** has been selected for its powerful therapeutic effects in boosting and strengthening the immune system, strengthening bone formation, maintaining flexible arteries, bolstering connective tissue matrix. It also counters aging, osteoporosis, atherosclerosis, Alzheimer's, arthritis and other joint problems, gastric ulcers and improves cell regeneration and protects against environmental toxins.

### Contents / Ingredients

**Horsetail (Silica)** is unique among the herbs because it contains the highest amount of silica of all the herbs and is in a bioavailable form. Silica works synergistically with other minerals, giving form and structure to the joints and skeletal system. Large amounts of silica have been found in **tendons, arteries, skin, connective tissue, cornea, and sclera**. When measuring skeletal growth of chicks, they found that silica is required for normal growth and development. The **growth rate** of the chicks increased by nearly **50%** when fed silica. Subsequent experiments demonstrated a relationship between silica and calcium in bone formation and showed that dietary silica increases the rate of mineralization, particularly when calcium intake is low. **Silica influences bone formation** by influencing cartilage composition and ultimately cartilage calcification. Silica is

### Traditional Therapeutic Action

#### Supplement Facts

Serving Size 1 Tablet	Amount Per Serving	% Daily Value
Calcium (as calcium amino acid chelate)	50 mg	5%
Zinc (as Zinc amino acid chelate)	5 mg	30%
Manganese (as Manganese amino acid chelate)	2 mg	100%
Horsetail Extract (4:1) (Equisetum arvense)	500 mg	(*)
Silica (from Horsetail Extract)	40 mg	(*)
Oat Straw (Avena sativa)	100 mg	(*)
Bentonite mineral powder	10 mg	(*)
Boron (as amino acid chelate)	1 mg	(*)

(\*) Daily Value not established.

Other ingredients: Cellulose, stearic acid, magnesium stearate.

Contains no yeast, wheat, gluten, corn, soy, milk, egg, sugar, salt or preservatives. **Vegetarian formula.**

actually a structural component of collagen, the glue that holds us together. Along with decreased silica, increased age frequently leads to **osteoporosis**, a condition which can lead to **fractures**, (even after minimal trauma) and is characterized by a decrease in bone density. Silica is required for healthy skin, hair, nails, blood vessels, arteries, and brain. It also plays an important role in preventing cardiovascular disease, osteoporosis, and **Alzheimer's disease** (while counteracting aluminium's effects on the body).

**Calcium** is vital for the formation of **strong bones and teeth** and for maintenance of healthy gums. Calcium protects the bones and teeth from lead by inhibiting absorption of this toxic metal. If there is a calcium deficiency, lead can be absorbed by the body and deposited in the teeth and bones. Calcium deficiency can lead to the following problems: **aching joints, brittle nails, eczema, elevated blood cholesterol, heart palpitations, hypertension** (high blood pressure), insomnia, muscle cramps, nervousness, numbness in the arms and legs, a pasty complexion, rheumatoid arthritis, rickets, and tooth decay. Deficiencies of calcium are also associated with cognitive impairment, convulsions, depression, delusions, and hyperactivity.

**Zinc**-this essential mineral is important and vital for bone formation. A deficiency of zinc may result in the loss of senses of taste and smell. It can also cause fingernails to become thin, peel, and develop **white spots**. Other possible signs of zinc deficiency include acne, fatigue, growth impairment, hair loss, high cholesterol levels, impaired **night vision**, impotence, increased susceptibility to infection, infertility, memory impairment, colds, flu, skin lesions, and **slow wound healing**.

**Oat Straw** (avena sativa) has one of the best sources of magnesium. A deficiency of magnesium can be linked to menstrual disorders, irritability and poor calcium absorption.

**Bentonite** mineral powder is a **100% mineral clay**, balanced by nature to an ideal proportion of over **188 trace mineral compounds**. It carries the full spectrum of trace minerals.

**Boron** is a mineral that is present in every good soil, but most soils are deficient in it. When we do not receive enough in our diets we tend to lose bone calcium. We have found it to be very useful in the treatment of **arthritis** and allied diseases and taking adequate amount of the necessary minerals into your system has been tremendously helpful. Calcium, silica, magnesium and boron are the most necessary minerals for **healthy bones**.

### SUGGESTED DOSAGE: Take as directed.

Please note: This information is compiled from traditional and modern herb books, articles, and research. This information is summarized for its educational value and should not be used for the diagnosis, treatment, or prevention of disease. It should not be used to replace the services of a qualified practitioner. This information has not been evaluated by the FDA or Health Canada.