

BioSil™**1 fl oz (30 ml)**

Item Catalog Number: 01007

Silicon is an essential trace element required for the normal growth, development, and integrity of hair, skin, nails, mucous membranes, arteries, bones, cartilage and connective tissue. Silicon is also involved in collagen formation, the fibrous protein matrix that provides support for tendons, ligaments, cartilage and bones.^{151-161*} The best-documented function of silicon is its action in facilitating bone mineralization.^{151,154,156,162} While silicon is exceptionally well tolerated at high doses, scientists currently estimate the human requirement for silicon to be from 5 to 20 mg per day.

Silicon supplementation is useful for:

- **Bones:** Silicon helps maintain bone density and strength by facilitating the deposit of calcium and other minerals into bone tissue.^{151,154,156,162,163*}
- **Joints:** Silicon is vital for cartilage development and the integrity of joints and ligaments.^{155,156*}
- **Cardiovascular health:** Silicon is essential for the strength and integrity of the arteries.^{158,159*}
- **Dietary silica** modifies the characteristics of endothelial relaxants and attenuates smooth muscle cell responsive-ness to NO (nitric oxide) in rat aorta.¹⁶⁰
- **Nails:** Silicon helps nails grow faster and harder.^{164*} **Hair:** Silicon helps hair grow thicker and stronger.^{164,165*}

References**Supplement Facts**

Serving Size 5 drops (0.25 ml)

Servings Per Container about 120

Amount Per Serving

Silicon (as Choline-Stabilized Orthosilicic Acid) (ch-OSA®)	5 mg
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Other ingredients: choline chloride, glycerol, purified water.

This product does not contain wheat, gluten, fish/shellfish, nuts/tree nuts.

Choline-Stabilized Orthosilicic Acid (ch-OSA®) and BioSil™ are trademarks of and manufactured by Bio Minerals n.v., Belgium.

Dosage and Use**For SKIN, HAIR, and NAILS:**

- Take 5 drops, two times per day.
- Mix in 1/4 cup of fluid (preferably juice) and drink immediately.

For HEALTHY BONES:

- Take 6 drops, once a day.
- Mix in 1/4 cup of fluid (preferably juice) and drink immediately.

Caution

Consult your healthcare professional prior to use if you have or suspect a medical condition, are taking prescription drugs, or are pregnant or lactating.

your physician or other health care professional or any information contained on or in any product label or packaging. You should not use the information on this site for diagnosis or treatment of any health problem or for prescription of any medication or other treatment. You should consult with a healthcare professional before starting any diet, exercise or supplementation program, before taking any medication, or if you have or suspect you might have a health problem. You should not stop taking any medication without first consulting your physician.