

## **Silicon + Complex**

### **Description**

#### **Product number B054 - Silicon + Complex 100 Vecaps**

Silicon from vegetable source (bamboo and horsetail).

The mineral silicon occurs naturally in our diet and our body. Silicon occurs in all tissues, but the highest levels are found in bones, cartilage, joints, teeth, tendons, nails, skin, windpipe, blood vessels (including the aorta) and intestinal wall.

#### **Ingredients per 2 capsules:**

Bamboo (Bambusa extract 75% silicon) 620 mg

Horsetail (Equisetum extract 7% silicon) 200 mg

Two capsules contain 480 mg of elemental silicon.

**Excipients:** vegetable magnesium stearate, microcrystalline cellulose. **Anti-caking agent:** silicon dioxide.

**Capsule wall:** HPMC.

#### **Usage and warnings:**

Adults take 1 capsule twice a day with meals, unless otherwise advised by an expert. Do not exceed recommended dosage. Keep out of reach of children. Do not use in hypersensitivity to any of the ingredients in this product. A dietary supplement is not a substitute for a balanced diet.