

Silica obtained from marine-derived Red Algae Powder (*Lithothamnion corallioides*) is a source of the natural trace element Silicon. Silicon is found in many unrefined grains and in some seafood sources, including mussels. Silicon intake has been positively associated with bone health.*

Carefully Manufactured by:
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SOLGB72570 01C

SOLGAR®
Since 1947

OCEANIC SILICA (FROM RED ALGAE)

PROVIDES ELEMENTAL SILICON
SILICON MAY SUPPORT BONE HEALTH*



Non-GMO
GLUTEN, WHEAT & DAIRY FREE
SUITABLE FOR VEGANS



100 VEGETABLE CAPSULES

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 2 Vegetable Capsules
Servings Per Container: 50

Amount Per Serving		%DV
Calcium	200 mg	15%
Silica	108 mg	**
(from red algae powder (<i>Lithothamnion corallioides</i>) (50 mg elemental silicon))		

**Daily Value (DV) not established

Other Ingredients: Microcrystalline Cellulose, Vegetable Cellulose, Silica, Vegetable Magnesium Stearate.

FREE OF: Gluten, Wheat, Dairy, Soy, Yeast, Sugar, Sodium, Artificial Flavor, Sweetener, Preservatives and Color.

SUGGESTED USE: As a dietary supplement for adults, take two (2) vegetable capsules daily, preferably with a meal or as directed by a healthcare practitioner.

If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking any dietary supplement. Discontinue use and consult your healthcare practitioner if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if outer bottle seal is missing or damaged.

Solgar's KOF-K certification #K-1250

*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.

