

# Supplement Facts

Serving Size: 1 Tablet

Servings Per Container: 90

	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 Extract . . . . .	575 mg . . . . .	† (Equisetum arvense & Equisetum hyemale)(Aerial Parts)
Silica (from Horsetail Extract) . . . . .	40 mg . . . . .	†
Bentonite Mineral Powder . . . . .	10 mg . . . . .	†
Boron (from Boron amino acid chelate) . . . . .	1 mg . . . . .	†

\* Percent Daily Values are based on 2,000 calorie diet.

† Daily value not established

**Other Ingredients:** Cellulose, Stearic Acid (vegetable source), Croscarmellose Sodium and Vegetarian Coating.

## Manufactured and Distributed by:

Penn Herb Company, Ltd.

Philadelphia, PA 19154-3293

[www.PennHerb.com](http://www.PennHerb.com) / 215-637-HERB

**Suggested Use:** Take 1 tablet 1 to 3 times daily, preferably with meals.

## Benefits of Silica:

Silica complex supports your hair, skin, nails & bones with the nutrients they need to stay strong and look healthy.\*

- Supports joint structures\*
- Supports healthy hair, skin and nails\*
- Enhanced with Calcium, Manganese, and Zinc, essential for supporting strong bones\*

**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 variations may occur in this product. Keep in a cool, dry place with lid tightly closed.

**Not manufactured with:** wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients.

**Safety Sealed:** Do not accept if inner freshness seal is damaged or missing.

**Nature's Wonderland® Guarantee:** This product is guaranteed for purity, freshness and labeled potency.

\*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.



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