



Silica-Calcium-Capsules

plus Vitamin C

Food supplement with valuable nutrients
for healthy skin, hair, nails and bones

Good to know:

Food supplement with valuable nutrients for healthy skin, hair, nails and bones. Each capsule contains 250 mg silica, 40 mg pure calcium and 25 mg vitamin C, which contributes towards the formation of collagen in the body, amongst others, and therefore supports a normal, healthy function in the bones, cartilage, skin and teeth.

Ingredients: Silica (50%), Calcium Carbonate, Gelatin, Vitamin C, anti-caking agent Magnesiumstearate, bulking agent Corn Starch, anti-caking agent Silicon Dioxide.

	per capsule	per daily dose (= 6 capsules)	% of the recommended daily requirement NRV*	per 100 g capsules
calcium	40 mg	240 mg	30	8 g
vitamin C	25 mg	150 mg	188	5 g
silica	250 mg	1500 mg	**	50 g

* NRV = Nutrient reference value for the daily intake according to VO (EU) No. 1169/2011

** No reference value has yet been established

Recommended use:

Take 2 capsules 3 times daily. The capsules should be swallowed whole with sufficient liquid.

Keep out of direct sunlight. Store dry and not above 25°C.

Nutritional supplements should not be used as a substitute for a varied, healthy diet and do not replace a healthy lifestyle.

Keep out of the reach of young children. The recommended daily dose should not be exceeded.

Made in Germany

Contents 210 Kapseln = 103 g

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