



EUROHEALTH®
Guiding You to Good Health



Original® Silica - *Extract from Springtime Horsetail Plants*

Fact Sheet for Health Professionals (rev. 2016-11-10)

COMPOSITION	Extract of Equisetum Arvense (Horsetail plant), Microcrystalline cellulose Magnesium stearate.
INDICATIONS	For enhancement of hair, skin and nail quality.
DOSAGE FORM	Capsules
CONTRAINDICATIONS	Silica should not be used by pregnant and lactating women.
TOXICITY/SIDE EFFECTS	None known
SUGGESTED USAGE	One capsule twice a day with meals.
AVAILABILITY	120 capsules, packed in blisters for convenience and product protection.

BIOLOGICAL EFFECTS Silica in its chelated form, is an essential nutrient for normal growth and development, and must be supplied continuously from food sources. In the human body, it is found in the collagen of skin, hair and nails, and in the connective tissue of the joints and bones. The average human body holds approximately seven grams of silica (a quantity far exceeding the figure for iron).

Silica plays an important role in many bodily functions, and it has a direct relationship to mineral absorption. It is responsible for cross-linking collagen strands, which is critical for the strength of the connective tissue matrix of the body.

With increasing age and/or a silica deficient diet, the human body requires larger amounts of silica to assist prevention. Lack of silica has a direct influence on the degenerative process, and will show up as lowered elasticity and strength of the skin, less shiny hair and splitting nails. Supplementation with organic vegetal silica extract as in **Original® Silica** helps to reverse this process and strengthen the matrix of the skin and the bone's structure, as well as hair and nails. Any excess silica is readily eliminated through the kidneys.

PRODUCT HISTORY Produced from springtime Horsetail plants, in which the silica is chelated with water soluble bioflavonoids, and it can therefore be utilized to almost 100% by the body. It is furthermore processed according to the French professor Louis Kervran's patented formula for extraction, using water only, no solvents. The water extraction method neutralizes harmful enzymes in the silica, such as thiaminase, and it eliminates the risk of solvent residue contamination in the silica extract.

NOTE: some silica formulations on the market, both extracts and powdered whole plants, are of the non-organic type, described earlier, with little or no content of organic water soluble silica.

MINERAL FACTS Silicon, in the form of silica, is one of the most abundant elements on earth, making up 40% of the earth's crust, and is an essential mineral for all living organisms.

Silica plays an important part in the metabolism of many plants. A rich supply of natural, organic silicates can be found in Equisetum arvense, the Horsetail plant. In the springtime this plant "transforms" most of its mineral silica into an organic form, through chelation with water soluble bioflavonoids. **Only this form can be assimilated by man.**

Good food sources of silica are unprocessed whole grains, such as barley, rye, wheat, oats and millet. Other sources are potatoes, corn, beets, asparagus and artichokes.

STORAGE Store at or below 20° C in sealed containers in a dry place.



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