

# Silica 200mg

From Bamboo Gum

## Presentation

**White, crystalline powder in a clear hard capsule.**

### Each capsule delivers:

Powdered Bamboo Gum	266mg
Providing	
Silica	200mg

### Encapsulated with:

Capsule Shell (Hydroxypropyl Methylcellulose), Bulking Agent (White Rice Powder), Anti-caking Agent (Magnesium Stearate).

**Disintegration time:** Less than 30 minutes.

**Suitable for vegetarians** (V) **and vegans** (V)

**quantity**  
90

**type**  
capsules

**code**  
8544



## Uses

Whilst silica (silicon dioxide) is only found in trace amounts in the human body, it is present in almost every tissue and is essential for cell growth. It is especially concentrated in the hair, nails and connective tissues such as the skin.

Silica contributes to the structure and resilience of connective tissue and appears to have an important role in the synthesis of bone and cartilage collagen.

Lamberts® Silica is derived from bamboo gum.

- A natural source of silica
- Higher strength than other silica products
- Often recommended for skin health
- May have a role to play in joint health.

### Usage and administration

1 to 3 capsules daily.

### Allergen advice

None (see page 194).

### Cautions

This product is not recommended for pregnant or lactating women.

### Storage instructions

To be stored in a cool, dry place and protected from light.

### Legal category

Food supplement.

