

# A New Quality Product

## Get your Silicon, Calcium, Vitamin D, Magnesium and Biotin in great SiliceaPLUS Vit-Min softgels!

For over 50 years, people around the world have trusted the Silicea family of products to help them enjoy beautiful, healthy hair, smoother looking skin and stronger nails. Now you can get all that *plus* the added benefits of essential vitamins and minerals in new **SiliceaPLUS Vit-Min!**

The great product comes in a convenient softgel format that makes it perfect to take with you while traveling. Not only can this great formula help to boost your outer beauty but the addition of Calcium and Magnesium can now provide even greater support to help you build healthy bones. Also, it now features Vitamin D, which studies suggest can help to prevent major breast, colon and ovarian diseases.

**SiliceaPLUS Vit-Min softgels contain the following ingredients for your better health...**

### Silicon

Silicon is necessary for the production of collagen in the body, including the bones. Researchers have witnessed the power of silicon in the lab, where they found that enriching tissue samples with silicon increased collagen production by more than 200%. However, this mineral is typically stripped away during modern processing of grains, and is found in the outer layers of fruits and vegetables, which are often discarded. Worse yet, our serum silicon levels naturally decline as we age. Infants have the highest silicon levels while older adults have the lowest. Without adequate silicon, an enzyme involved in the formation of collagen cannot function properly. Supplementing with silicon (or silica) can help make up for what is lacking in our foods and declining in our bodies in order to maintain bone collagen.

### Calcium

Calcium is another key bone nutrient to focus on through diet and supplements. Good sources of calcium in the diet include sea vegetables, tofu, kale, spinach and other greens, which also contain bone-friendly vitamin K. While dairy foods are often promoted as the preferred dietary calcium source, the claim is questionable. In fact, hip fractures occur at higher rates in countries with the highest dairy consumption. Data from the Nurses Health Study on almost 80,000 women back this up: in the study, women who drank two or more glasses of milk per day experienced almost two times the rate of hip fracture compared to those women who seldom drank milk (one glass or less per week). Most people obtain from 500 to 700 mg of calcium per day from a typical diet and absorb 25 to 50% of it – not enough to offset bone loss.

To preserve bone mass, a daily calcium supplement is a must, and the type of calcium is important. More and more nutrition experts suggest avoiding calcium carbonate. At best, people with normal stomach acid absorb only 22% of this type, while those with low stomach acid – which includes many postmenopausal women – absorb only 4%. Chelated forms of calcium, which include citrate, gluconate and malate, have nearly double the absorption rates as the carbonate form and are preferred in supplements. Dosage amount recommendations vary widely among experts, but a range of 600 to 1,200 mg per day is common.

By far the most well known and revered bone nutrient, calcium lives up to its glowing reputation. Supplementing with calcium can slow bone loss from 30 to 50% and significantly reduce the risk of hip fractures. In a recent study, a team of Swiss and US researchers calculated that calcium supplements reduced the risk of all fractures by an astounding 72%; however, no difference in fracture rates was observed once supplementation stopped! The finding underlines the importance of finding a quality bone support supplement and sticking with it, day after day. On those days that calcium intake is not adequate, the body will “steal” the mineral from the bones to carry out life-essential functions.

### Magnesium

This multi-faceted mineral is often paired with calcium because it regulates calcium metabolism and converts dietary vitamin D to the active form necessary for calcium absorption. Many of us are deficient in magnesium, mostly due to over-processing of food. Those with osteoporosis have lower levels of magnesium in their bones, and exhibit other signs of deficiency of this important mineral. Common signs of low magnesium include fatigue, twitching eyelids, muscle spasms, irritability and insomnia.

Some experts believe that magnesium is just as important as calcium in maintaining bone health. Indeed, studies indicate gains in bone health in both younger and older people. Researchers from Yale University reported that magnesium supplements significantly increased bone mineral content over 12 months in girls aged 8 to 14 years who had low dietary intakes of magnesium. In another study of 2,000 elderly volunteers aged 70-79 years, researchers found that for every 100 mg per day increase in magnesium intake, there was about a 2% increase in whole-body bone mineral density.



### Vitamin D

A star nutrient in its own right, vitamin D is necessary to get calcium absorbed into the small intestine and through to the bloodstream. Vitamin D also inhibits inflammatory immune factors that can pull calcium from bones. It is often called the “sunshine vitamin” because it is produced naturally when the body is exposed to sunlight. Research suggests, however, that even people who receive abundant sun exposure can still have low levels of vitamin D. In one study of 93 adults in Hawaii with sun exposure of nearly 30 hours per week, 51% still had low serum levels of vitamin D. Seniors who spend most days indoors and those with darker skin pigmentation are also likely to have low vitamin D levels, which hampers calcium absorption and puts bones at risk.

Studies show that even taking vitamin D alone can reduce the annual rate of hip fracture by more than half and improve bone density. Results from studies in which people take a combination of calcium and vitamin D are even better. Vitamin D-rich foods include cold-water fish (mackerel, salmon, herring), egg yolk and green, leafy vegetables.

### Biotin

Known as vitamin H, is of great importance for the biochemistry of the human organism. Biotin helps in the synthesis of fatty acids, in energy metabolism, and in the synthesis of amino acids and glucose. Biotin is used for the breakdown and utilization by the body of food and is part of the B vitamin complex. Biotin serves as an essential coenzyme for four carboxylase enzymes, each of which is important in metabolism. Biotin is an important vitamin for helping certain enzymes in the body. Enzymes are natural substances that speed up chemical reactions. Biotin promotes normal health of sweat glands, bone marrow, male gonads, blood cells, nerve tissue, skin, hair. In the body, biotin is found in low concentrations in the brain, liver and muscle tissue. Biotin is utilized to synthesize intracellular carboxylase enzymes and is essential for normal skin and hair growth.

Keep out of reach of children. Do not use if safety seal is broken or missing.

#### Recommended Use:

- Silicon is a factor in the maintenance of good health.
- Biotin and Magnesium help the body to metabolize carbohydrates, fats and proteins.
- Vitamin D, Calcium and Magnesium help in the development and maintenance of bones and teeth.
- Magnesium helps in tissue formation and to maintain proper muscle function.
- Calcium intake, when combined with Vitamin D, a healthy diet, and regular exercise, may reduce the risk of developing osteoporosis.

**Recommended Adult Dosage:** Take one softgel two times per day on an empty stomach a few hours before or after taking other medication.

#### Medicinal Ingredients:

Each softgel contains:	
Elemental Calcium (from Calcium Citrate).....	41 mg
Elemental Silicon (from Silicon Dioxide).....	40.6 mg
Elemental Magnesium (from Magnesium Citrate).....	21.3 mg
Biotin.....	250 mcg
Vitamin D (from Cholecalciferol).....	8.325 mcg

**Non-medicinal ingredients:** Safflower Oil, Lecithin, Yellow Beeswax, Gelatin, Glycerin, Water.

BPA Free  
Bottle

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Fabriqué sous licence par :  
ANTHON HÜBNER GmbH & Co. KG  
79288 Ehrenkirchen, Germany

Distributed by: Distribué par :  
Naka Herbs & Vitamins Ltd.  
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www.nakaherbs.com



Featuring Calcium, Vitamin D and more!  
Avec calcium, vitamine D et plus!

NPN 80009881

60 softgels / gélules

Garder hors de la portée des enfants. Ne pas utiliser si le sceau est brisé ou absent.

#### Utilisation recommandée :

- Le silicium contribue au maintien d'une bonne santé.
- La biotine et le magnésium facilitent le métabolisme des glucides, des gras et des protéines.
- La vitamine D, le calcium et le magnésium aident au développement et au maintien des os et des dents.
- Le magnésium aide au maintien de la fonction musculaire.
- Le calcium combiné à la vitamine D, à un régime alimentaire sain et à de l'exercice régulier peut réduire les risques de développer l'ostéoporose.

**Dose recommandée pour adulte :** Prendre une (1) gélule deux fois par jour à jeun quelques heures avant et après une autre médication.

#### Ingédients médicinaux :

Chaque gélule contient :	
Calcium élémentaire (citraate de calcium).....	41 mg
Silicium élémentaire (dioxide de silicium).....	40,6 mg
Magnésium élémentaire (citraate de magnésium).....	21,3 mg
Biotine.....	250 mcg
Vitamine D (cholecalciférol).....	8,325 mcg

**Ingédients non-médicinaux :** Huile de carthame, lécithine, cire d'abeille, gélatine, glycérine, eau.

Made in Canada  
Fabriqué au Canada



Bouteille  
sans BPA



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