Dr. Dale's Silica: Today most diets are severely lacking in silica because of the extensive refinement of grains. Silica has been shown to promote lustrous hair, supple skin and strong nails. Silica is essential for the proper utilization of calcium and for maintaining healthy connective tissue - a key component of cardiovascular, gastrointestinal, joint and bone health.

Take the guesswork out of supplements: Dr. Dale's uses a proprietary process that transforms pure mineral crystals into a fully hydrated, 100% bioavailable liquid ionic supplement • taste free • gentle on the stomach • made in the USA and quality tested to assure safety and potency • No additives or sweeteners.

The Dr. Dale's difference: Large doses are used in solid supplements because most of the mineral is not absorbed. Dr. Dale's minerals are 100% bioavailable. It is not necessary to take large doses in order to be effective.

It's not what you take, it's what you absorb

Supplement Facts

Serving Size: 30 drops (2 ml)
Servings per container: 30

<table>
<thead>
<tr>
<th>Mineral</th>
<th>Amount per serving</th>
<th>% Daily value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Silica</td>
<td>375mg</td>
<td>**</td>
</tr>
</tbody>
</table>

Other ingredients: purified water
** Daily values not established

This product is not intended to substitute for a varied diet.

* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.