

## Silica Complete 60 Capsules

EAN: 5055148410360

FABRICANTE: LAMBERTS



*This unique formula of vitamins with other specific nutrients is probably the most complete and effective nutritional supplement for hair, skin and nails.*

### DESCRIPTION

Silica Complete is a special combination of the nutrients zinc, biotin, MSM, organic silicon and vitamin C and has been specifically formulated for the health of skin, hair and nails. This product can be safely taken with one of our multi-nutrient formulas. It also works well when taken with our Fish Oil 1100 mg.

This formula provides in each pill:

- Zinc, which contributes to the maintenance of normal hair and nails.
- Biotin, for normal skin well-being.
- Vitamin C, as an aid to normal collagen formation.

The skin is predominantly made up of collagen, which is the most abundant protein in the body. This protein forms the connective tissue fibers of the skin, hair, nails, ligaments, cartilage, muscles and capillaries.

Each hair follicle on the scalp is surrounded by a collagen sheath and is located where blood vessels provide nutrients necessary for normal hair growth.

We use natural silicon from bamboo rubber, which provides 75% of organic silicon, which is the most bioavailable form.

Although there is no recommended daily allowance for silicon, most nutritionists agree that a daily intake in our diet is important. Good dietary sources of silicon are cereals such as oats, barley and rice, but refining processes can remove much of this mineral.

This product has been formulated by nutritional experts to provide key nutrients for the health of our hair, skin and nails. This approach means that our formula contains these nutrients at relevant levels, which is quite different from the broader approach taken by many companies promoting hair, skin and nail formulas.

Other benefits found in these nutrients are:



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### Vitamin C:

- It contributes to the normal functioning of the immune system and nervous system.
- It contributes to the normal formation of collagen for the normal functioning of blood vessels, cartilage, bones, gums, teeth and skin.
- It promotes energy metabolism and improves iron absorption.
- It contributes to normal psychological function and to the protection of cells from oxidative damage.
- It helps reduce tiredness and fatigue, and regenerates the reduced form of vitamin E.

### Zinc:

- It contributes to the normal metabolism of macronutrients, fatty acids, carbohydrates and vitamin A.
- It contributes to normal acid-base balance and normal protein and DNA synthesis.
- It contributes to normal fertility and reproduction, to the protection of cells against oxidative damage and to the process of cell division.
- Contributes to the maintenance of normal testosterone levels.
- Contributes to the normal functioning of the immune system.
- It contributes to the maintenance of bones, teeth, hair, skin, vision and nails in normal conditions.

### Biotin:

- Contributes to normal macronutrient and energy metabolism.
- It contributes to the normal functioning of the nervous system and psychological function.
- It contributes to maintaining hair, feet and mucous membranes in normal conditions.

**Note:** Tablet color may vary from batch to batch depending on harvest, but does not mean changes in ingredients or spoiled tablets.

Oval tablet with clear mottled coating.

### Each tablet provides:

Prices valid except for changes on our website. (IVA/VAT) included. Doc. Version bf-trf-G-20241215  
<https://bio-farma.es/buy/f/lamberts/silica-complete-60-capsules>



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Vitamin C	40 mg
Biotin	50 µg
Zinc	5 mg
MSM (methylsulfonylmethane)	300 mg
Bamboo Gum Powder	266 mg
Contributing:	
Silicon	200 mg

Suitable for vegetarians and vegans. Lactose and gelatin free.

Silica Complete can be taken alongside medications, but it is advisable to check the information on any medications you are taking and inform your doctor of any dietary supplements you are taking. Silica Complete is safe at recommended doses.

The following allergens are excluded: wheat, gluten, barley, soya, eggs, milk and dairy products, lactose, nuts, sulphites, celery, fish, shellfish and yeast.

### Precautions

This product is not recommended for pregnant or breastfeeding women.

