



## One A Day 30s, 60s & 90s

The Qsilica Intensive Skin, Hair and Nail ONE-A-DAY formula contains a high strength dose of colloidal mineral silica as well as key nutrients Zinc, Selenium and a clinically trialled dose of Biotin. Convenient One-A-Day dedicated skin formulation to support skin regeneration, integrity & structure. Completely vegan formula with no animal derived collagen or ingredients. Gelatin-free.

### MINERAL SILICA

- ◇ Provides support for skin's integrity & structure
- ◇ Supports collagen formation
- ◇ Assists connective tissue formation
- ◇ Helps to maintain bone health
- ◇ Support for general health and wellbeing
- ◇ Most absorbable form of silica than any other. No wasted product as a higher percentage of it is utilised by the body.



### BIOTIN

- ◇ Biotin is clinically researched and shown to decrease nail brittleness and improve nail health in women.
- ◇ Supports hair health.
- ◇ Helps strengthen nails that are brittle and prone to splitting or breaking.

### ZINC

- ◇ A key ingredient in the ONE-A-DAY Tablets and Oral Liquid, Zinc Supports skin, hair and nail health and acts as an antioxidant reducing free radicals formed in the body.

### SELENIUM

- ◇ Helping protect the body's cells from free radical damage with its antioxidant properties, Selenium, featured in the ONE-A-DAY range, also assists with general health and wellbeing and eye health.

**Each tablet contains:** Silica-colloidal anhydrous (Equiv. Silicon 260.4mg) 556.9mg, Biotin 2.5mg, Zinc citrate dihydrate (Equiv. Zinc 24mg) 75.3mg, Selenomethionine (Equiv. Selenium 100mcg) 250mcg

**Directions:** Adults: Take 1 tablet per day with a glass of water.

FREE FROM Gluten, Yeast, Dairy & Soy

[www.qsilica.com](http://www.qsilica.com)

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