

Take 8 to 10 drops of **Silidyn®** daily



**Boron** is, in addition to calcium and magnesium, an important component of bone tissue.

**OPC** from maritime pine extract protects cells and tissues from ageing.

**Selenium** plays an important role in protecting against free radicals.

**Silicon** plays an important role in the growth of beautiful, healthy, strong nails and hair, bones, joints, muscles, skin and blood vessels.

**Manganese** helps in maintenance of connective tissue.

**MSM** helps keep connective tissue between the joints supple.

**Zinc** supports both immune system and resilience of the skin.

**NEW**

**SILIDYN®**  
with stabilised  
**Ortho Silicic Acid (OSA)**  
for superior bio-availability

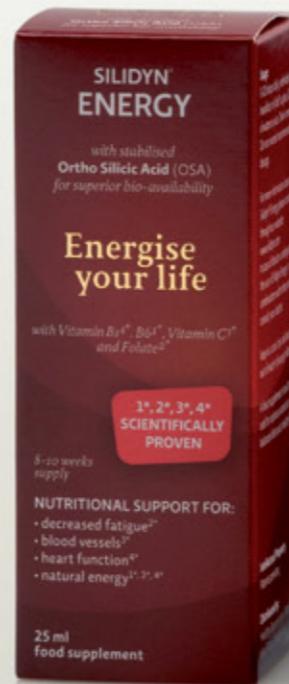
## Energise your life

with Vitamin B1, B6,  
Vitamin C and Folate



For more information about Silidyn go to: [www.silidyn.com](http://www.silidyn.com)

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## Rejuvenate your life

with stabilised  
**Ortho Silicic Acid (OSA)**  
for superior bio-availability



**SILIDYN®**

For your inner health & outer beauty





For your  
inner health  
& outer beauty



## FOR YOUR INNER HEALTH AND OUTER BEAUTY

### Silicon in your skin, hair and nails

The first signs of Silicon deficiency are generally found in the condition of skin, hair and nails. Skin and hair lose their strength and elasticity and nails become brittle and fragile.

This mainly occurs with ageing, when the silicon level falls, but it is also often due to food patterns that contain very little Silicon. Adding extra Silicon to the diet restores the skin and nails, this is shown by improved hair growth and strength.

### Silicon for stronger bones

Silicon is often found lacking in connective tissue, bones and joints, this is just where the body needs it for strength, elasticity and mobility.

Silicon improves the growth of new bone cells and helps maintain healthy bone tissue. In addition, it stimulates calcium metabolism, the most important

mineral from which bone structures are built. Silicon also has a positive effect on the formation of collagen, a protein like tissue which provides joints with both strength and elasticity.

As we age, or when our diet is low in Silicon, the human connective tissue can lose its elasticity, structure and resilience. At that time a food supplement with extra Silicon is important.

### Silidyn® Ortho Silicic Acid (OSA)

Silidyn is made from a new biological Silicon and consists of the liquid form of the highly bio available and stabilised Ortho Silicic Acid.

The main difference between patented Silidyn® Ortho Silicic Acid and other products is that it is specifically designed for high Silicon absorption, in order to satisfy your body's needs for the many healthy benefits of Silicon.

**Taking 8 to 10 drops of Silidyn Ortho Silicic Acid daily makes all the difference:**

- for strong bones, supple joints, healthy blood vessels and strong connective tissue.
- supports the skin, brittle nails, thin and dull hair.

To see and feel these benefits take Silidyn every day, to take Silidyn pour eight to ten drops into a small amount of water or fruit juice with your breakfast every morning.

Rejuvenate  
your life!

