

BEAUTY FROM THE INSIDE OUT



TABLETS

Three Pack Sizes:

30, 60 and 90 Tablets. Also available in liquid form.

KEY BENEFITS

- Combination of high-strength mineral silica with additional key vitamins and minerals to support skin, hair and nail health
- Antioxidant activity to counter free-radical damage

WHY ONE-A-DAY TABLETS?

- Convenient One-A-Day dedicated skin formulation
- Support for skin regeneration, integrity & structure
- Completely vegan formula with no animal derived collagen or ingredients. Gelatin-free.

INGREDIENTS

Active ingredients per film coated tablet:

Silica – colloidal anhydrous...450 mg
(Equiv. to Silicon 210.38mg)

Biotin.....2.5 mg

Zinc citrate dihydrate.....75.3 mg
(Equiv. to Zinc 24.17 mg)

Selenomethionine.....250 micrograms
(Equiv. to Selenium 100 micrograms)

DOES NOT CONTAIN

Gluten, Yeast or Dairy

DIRECTION FOR USE

Adults: Take one tablet per day with a glass of water. Take with food.

This medicine may not be right for you.
Read the warnings before purchase

CONTACT

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HERO INGREDIENTS



MINERAL SILICA

- Maintains skin, hair & nail health
- Provides support for skin's integrity & structure
- Supports collagen formation
- Assists connective tissue formation
- Helps maintain bone health

BIOTIN

- Maintains and supports skin, hair & nail health
- Supports general health and wellbeing

ZINC

- Helps maintain skin, hair & nail health
- Provides support for skin's integrity & structure
- Supports wound healing (e.g. blemishes)
- Maintains skin's regeneration processes
- Helps to reduce free radical damage to the body
- Supports maintenance of bone health
- Effective, natural antioxidant

SELENIUM

- Helps to reduce free radical damage to the body
- Effective, natural antioxidant



SILICA®

SKIN, HAIR & NAILS
ONE-A-DAY
MULTI-NUTRIENT TABLETS

Qsilica Skin, Hair & Nails ONE-A-DAY Multi-Nutrient Tablets contain colloidal mineral silica, biotin, zinc and selenium in a convenient, once daily supplement. Silicon supports bone integrity, assists connective tissue production and together with biotin and zinc, supports the health of your skin, hair and nails. Selenium and zinc help reduce free radical damage to body cells.



plant health



Made in Australia



AUST L



INSPIRED BY NATURE

FREE FROM

Australian, family owned business founded in 1996.

Dedicated skin, hair and nails brand.

Premium colloidal silica supplements since 2006.

Proudly formulated & manufactured in Australian facilities under GMP.

No animal ingredients or testing on Qsilica products.

PETA Business Friends.

All Qsilica products are listed on the Australian Register of Therapeutic goods.

Where science meets nature; Qsilica harnesses vitamins, minerals & plant derived ingredients for beauty from within.

NO Sodium Benzoate
NO Animal collagen
NO PEG's
NO synthetic excipients.