



LORNA VANDERHAEGHE

Lorna Vanderhaeghe is a medical journalist who has been researching and writing on the subject of nutritional medicine for over 20 years. She has a Bachelor of Science degree in Biochemistry and is currently working on completing her Masters in Nutrition. The author of *An A-Z Woman's Guide to Vibrant Health* and *Get a Grip on Arthritis*, and co-author of *No More HRT* and *Healthy Fats for Life*, her latest book is the recently released *The Body Sense Natural Diet – Six Weeks to a Slimmer Healthier You*. Lorna is an associate editor for *Total Health* magazine in the United States and former editor of *alive* magazine in Canada. An internationally known lecturer, Lorna believes in empowering people with health knowledge so they can achieve optimal wellness.

BioSil™ Liquid Drops and Vegetarian Capsules

Choline-Stabilized Orthosilicic Acid

What to expect from BioSil™:

- Increased bone mass and density
- Healthy joint cartilage
- Beautiful skin
- Fewer wrinkles
- Thicker, stronger, healthy hair
- Strong nails



BioSil™ – Choline-stabilized Orthosilicic Acid Enhances Collagen

Collagen is like the glue that keeps bones, nails, teeth, arteries and hair strong and our skin from wrinkling. BioSil™ research shows that it effectively enhances collagen.

BioSil™ for Strong Bones

Collagen is found in the matrix that ensures mineralization of bone. An exciting double blind, placebo-controlled study published in the *Journal of Bone and Mineral Research* involving 184 women performed by Dr. Spector, renowned osteoporosis researcher, found that 6 drops of BioSil™ per day along with Vitamin D and calcium enhanced bone mineral density of the femur (hip bone). One in four women have osteoporosis and hip fractures are a leading cause of disability. Using BioSil™ as part of your healthy bone program just makes sense.

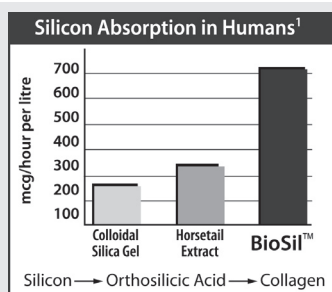
Recently, dentists reported that receding gums are an early indicator of osteoporosis. Weak, fragile nails are also symptoms of poor bone health. To prevent osteoporosis take BioSil™ with FemmEssentials™ and if you have osteoporosis take BioSil™ with OsteoSense Plus™ for strong bones.

BioSil™ Liquid Drops and Vegetarian Capsules

Choline-Stabilized Orthosilicic Acid

Beautiful Skin, Hair and Nails

A randomized-double blind, placebo-controlled trial published in Archives of Dermatological Research found that fifty women with photodamaged facial skin given 10 drops per day of BioSil™ for 20 weeks had a significant reduction in the depth of skin wrinkles and improved elasticity of the skin. Choline-stabilized Orthosilicic Acid was found to enhance collagen formation giving skin a much smoother appearance. Women also reported much stronger hair and hard, less brittle nails.



Absorption is Key – Dietary sources of silicon such as those found in food, horsetail and colloidal gel (silica) products are very poorly absorbed because of their insoluble, polymerized forms. For absorption to occur, dietary silicon must be first converted to Orthosilicic Acid (monomeric silicic acid), the bioavailable form found in BioSil™.¹

1. Calomme, M.R. et al. (1998) comparative bioavailability study of silicon supplements in healthy subjects. *Journal of Parenteral and Enteral Nutrition*, Vol. 22, S12

FORMULA:

Liquid Drops

Suggested Usage: 6 to 10 drops per day in juice and drink immediately or as directed by a health practitioner.

BioSil™ tastes bad but it works.

Ingredients: Choline-stabilized orthosilicic acid, glycerol, water. (1 drop of BioSil™ is equivalent to 1 mg of choline-stabilized orthosilicic acid)

Guaranteed shelf life at room temperature is 3 years. Do not add water to the bottle of BioSil™ as this may transform BioSil™ into a jelly-like substance that cannot be used anymore.

Do not use if you are pregnant or breastfeeding. Do not apply to the eyes or to wounds.

Vegetarian Capsules

Suggested Usage: 1 capsule daily for bones or 2 capsules for skin and bones or as directed by a health practitioner.

Each capsule contains: Choline-stabilized orthosilicic acid and water. (1 capsule is equal to 6 mg of choline-stabilized orthosilicic acid)

Encapsulated in a vegetarian capsule (hydroxypropylmethylcellulose).

This product does not contain artificial preservatives, colour or sweeteners; corn, dairy, starch, wheat or yeast.

Keep out of reach of children.

Sealed for your protection and freshness.



ALL FORMULAS ARE MANUFACTURER TESTED AND 3RD PARTY VERIFIED FOR POTENCY

PREFERRED NUTRITION • 153 PERTH STREET, ACTON ONTARIO

888-826-9625 FAX 888-773-7069