Who doesn't want healthier hair, nails, skin, and bones? Silicon, a trace mineral that is also known as silica, enhances all these parts of our bodies because it stimulates the production of collagen.

Collagen is one of the main structural components of our bodies, and as we age, it deteriorates, which produces wrinkles. Collagen injections are used as “fillers” in cosmetic treatments to temporarily improve outward appearance. On the other hand, silicon supplements trigger the production of collagen from within, improving both the look and the internal function of our bodies.

The Beauty Mineral
As we age, we get less silicon from our diets, according to a study published in the *American Journal of Clinical Nutrition*. And research published in *The Journal of Nutrition, Health & Aging* reports that in supplements, orthosilicic acid, a specific form of silicon, is most absorbable. A specific formulation of silicon known as BioSil, which is a combination of orthosilicic acid and choline, a B vitamin, has been found to benefit hair, skin, and nails, according to a study published in the *Archives of Dermatological Research*. In a group of 50 women who were between the ages of 40 and 65, half took 10 mg of BioSil while the other half took a placebo. After 20 weeks, women taking the silicon supplement had smoother, more elastic skin, a 30 percent reduction in wrinkle depth, and less brittle hair and nails, compared to those taking the placebo.

Better Bones: Beyond Calcium
A study of 2,847 people, published in the *Journal of Bone Mineral Research*, found that those with the highest levels of silicon in their diets had significantly healthier bone than those with the lowest intakes. This isn’t surprising, given that approximately 28 percent of bone consists of collagen, which acts as a scaffolding that provides support and holds minerals, such as calcium, in place.

A British study, presented at the 27th Annual Meeting of the American Society for Bone and Mineral Research, tested BioSil on 114 women who were already suffering some degree of bone loss. During the 12-month study, all the women took 1,000 mg of calcium and 800 IU of vitamin D daily. In addition, some of the women also took BioSil each day. Researchers found that bone mineral density improved significantly more among those taking 6 mg of BioSil daily, compared to those who took only calcium and vitamin D.

DID YOU KNOW?
Sources of silicon include oats, barley, beans, spinach, red lentils, and some beers and bottled waters (such as Fiji and Volvic bottled waters).

Product Examples
Natrol BioSil Veggie Caps with biologically active silicon strengthens hair and skin by stimulating collagen production.

Prepared from quartz crystals, A. Vogel (Bioforce USA) Höbener Silica Gel provides silica in one of its purest, most potent forms.

Flora Health Vegetal Silica offers a safe and highly bioavailable form of silica that is easily assimilated by the body.