

## HEALTHSIL PACKAGE INSERT

	REFERENCES
<p><b>WARNINGS</b></p> <p>Do not inhale the powder</p>	Ref. 3, p 1C.0020
<p><b>INTERACTIONS</b></p> <p>Silicon dioxide occurs naturally in the body. Interaction between other medication and HEALTHSIL is not expected.</p>	
<p><b>PREGNANCY AND LACTATION</b></p> <p>Safety and efficacy in pregnancy and lactation has not been established .</p>	
<p><b>DOSAGE AND DIRECTIONS FOR USE</b></p> <p>Take 4 to 8 g (1 or 2 heaping tablespoons) of HEALTHSIL daily in divided doses. For example, take 4 g in the morning and before bed time.</p> <p>Mix HEALTHSIL with approximately half a glass of water, tea or juice. The powder does not dissolve but forms a suspension. Stirring it several times while drinking it will prevent settling.</p>	Ref. 7, p 1C.0043
<p><b>SIDE-EFFECTS AND SPECIAL PRECAUTIONS</b></p> <p>As silicon dioxide is a mineral that occurs naturally in the body, no side-effects are expected.</p>	Ref. 7, p 1C.0043
<p><b>KNOWN SYMPTOMS OF OVER DOSAGE AND PARTICULARS OF ITS TREATMENT</b></p> <p>Treatment of over dosage should be symptomatic and supportive. In the case of accidental overdose of the product, contact the nearest hospital or poison control centre.</p>	

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<p><b>IDENTIFICATION</b></p> <p>Grey, odourless powder.</p>	
<p><b>PRESENTATION</b></p> <p>White HDPE container with a white polypropylene screw cap containing 250g powder.</p>	
<p><b>STORAGE INSTRUCTIONS</b></p> <p>Store below 25°C in well closed containers. Protect from moisture. KEEP OUT OF REACH OF CHILDREN.</p>	
<p><b>REGISTRATION NUMBER</b></p> <p><b>MCC 029 868</b></p>	
<p><b>NAME AND BUSINESS ADDRESS OF THE HOLDER OF THE CERTIFICATE OF REGISTRATION</b></p> <p>Agri Silica SA CC Old Bracken Mine, Osizweni PO Box 2545, Evander, 2280 Tel: +27 (0) 79 517 3386 Fax: +27 (0) 86 666 3974 <b>Website: agrisilica.co.za</b></p>	
<p><b>DATE OF PUBLICATION OF THIS PACKAGE INSERT</b></p> <p>08/11/2010</p>	

## REFERENCES:

REF. NO		REFERENCES
1.	BioSil Information Leaflet, Belgium, Jarrow Formulas	0008 - 1C.0015
2.		1C.0016 - 1C.0017
3.	Martindale - The Complete Drug Reference. 2008. <i>Silicas</i> [Online]. Available: <a href="http://thomsonc.com/hcs/librarian">http://thomsonc.com/hcs/librarian</a> [ 28 August 2008]	1C. 0018 - 1C. 0020
4.	Bertrand, J. alternative Anthelmintics Organic Diary Cattle	1C.0021- 1C.0023
5.	Carlisle, E.M. 1976. In vivo requirement for silicon cartilage and connective tissue formation in the chick. <i>The Journal of Nutrition</i> , 106; 478-484	1C.0024 - 1C.0031
6.	Balch P.A & Balch J.F. <i>Prescription for Nutritional Healing: The Disorders</i> . New York, NY: Avery. P 168 - 170	1C.0032 - 1C.0035
7.	Human Use. 2008. <i>Earthworks Diatomaceous Earth</i> . [Online]. Available: <a href="http://www.earthworks.citymax.com/page/page/4135163.htm">http://www.earthworks.citymax.com/page/page/4135163.htm</a> [29 August 2008]	1C.0036- 1C.0043
8.	Dietary Reference Intakes for Vitamin A, Vitamin K, Arsenic, Boron, Chromium, Copper, Iodine, Iron, Manganese, Molybdenum, Nickel, Silicon, Vanadium, and Zinc. 2008. <i>The National Academies Press</i> . [Online]. Available: <a href="http://books.nap.edu/openbook.php?record_id=10026&amp;page=529">http://books.nap.edu/openbook.php?record_id=10026&amp;page=529</a> [29 August 2008]	1C.0044- 1C.0048

# HEALTHSIL

## HEALTHSIL PACKAGE INSERT

	REFERENCES
<p><b>SCHEDULING STATUS</b> S0</p>	
<p><b>PROPRIETARY NAME (and dosage form)</b> HEALTHSIL (Powder for oral suspension)</p>	
<p><b>COMPOSITION</b> Each gram of Diatomaceous Earth contains 0.84g silicone dioxide.</p>	
<p><b>PHARMACOLOGICAL CLASSIFICATION</b> A.34 Other - Naturopathy</p>	
<p><b>PHARMACOLOGICAL ACTION</b> Diatomaceous Earth contains 84% silicon dioxide plus 14 trace minerals. It is not actually "earth", but it is the fossilised remains of microscopic shells created by one-celled plants called DIATOMS. Diatomaceous Earth is taken from fresh water deposits and is 100% natural and organic source of silicone dioxide.</p>	Ref. 3, p 1C.0019
<p>Silicone dioxide is an essential trace element in the body that is necessary for the formation of collagen for bones and connective tissue; for healthy nails, skin and hair; and for calcium absorption in the early stages of bone formation. It is needed to maintain flexible arteries, and plays a major role in preventing cardiovascular disease. Silicone dioxide also counteracts the effect of aluminium on the body and is important in the prevention of Alzheimer's disease and osteoporosis. It stimulates the immune system and inhibits the ageing process in tissues.</p>	Ref. 1, p 1C.0009 Ref. 2,p 1C.0017

	REFERENCES
<p>Silicon dioxide levels in the human body decreases with ageing.</p>	Ref. 2, p 1C.0017
<p>Together with silicon dioxide, Diatomaceous Earth also contains 14 trace minerals, including boron, calcium, magnesium, manganese and potassium. These trace elements aid in the efficient utilisation of silicone dioxide.</p>	Ref. 2, p 1C.0017
<p>Diatomaceous Earth consists of frustules and fragments of diatoms. These fragments are very hard and "scrub" the walls of the small and large intestines as it moves through gastrointestinal systems.</p>	Ref. 3, p 1C.0019
<p><i>Animal Studies:</i> Diatomaceous Earth has been shown to be effective in the control of intestinal parasites and ectoparasites in sheep and cattle. Silicon dioxide appears to be involved with the formation of bones in chickens.</p>	Ref. 4, p 1C.0022 Ref. 5, p 1C.0025
<p><b>INDICATIONS</b> HEALTHSIL supplementation may be useful to:</p> <p>- <i>Bones and joints:</i> Silicon dioxide helps to maintain bone density and strength by facilitating the deposit of calcium and other minerals into bone. It is also vital for the formation of collagen and connective tissue. HEALTHSIL can assist in the prevention and the management of osteoporosis, rheumatism and fractures.</p> <p>- <i>Cardiovascular health:</i> Silicon dioxide is essential for the integrity of the arteries and strengthens the blood vessels. With age, silicon disappears from the body and may cause silicon deficiencies resulting in weaknesses in blood vessel walls. HEALTHSIL supplementation can aid in the prevention of atherosclerosis.</p>	Ref. 1, p 1C.0009 Ref. 2, p 1C.0017 Ref. 8, p 1C. 0045

	REFERENCES
<p>- <i>Nails and hair:</i> Silicon is a major component of hair and HEALTHSIL supplementation will help to stimulate thicker and stronger hair. HEALTHSIL will also help in improving nail hardness.</p>	Ref. 1, p 1C.0009 Ref. 2, p 1C.0017
<p>- <i>Detoxification:</i> HEALTHSIL can aid the body to eliminate the accumulation of aluminium and heavy metals. Since there is a correlation between high aluminium levels in the brain and development of Alzheimer's disease, HEALTHSIL supplement can help in the prevention of this disease.</p>	Ref. 2, p 1C.0017 Ref. 6, p 1C.0034
<p>- <i>Skin:</i> The supporting collagen underneath the skin, enhances skin elasticity. HEALTHSIL as natural supplement of silicon dioxide will aid in the formation of collagen.</p>	Ref. 1, p 1C.0009 Ref. 2. p 1C.0017
<p>- <i>Immune System:</i> Silicon dioxide stimulated the immune system. HEALTHSIL may be useful as a natural supplement in the management of immune-deficiency diseases.</p>	Ref. 2. p 1C.0017
<p><b>Note:</b> <i>This product is not intended to diagnose, treat, cure, or prevent any disease. It is not meant to replace the services or recommendations of a physician or qualified health care practitioner. Those with health problems, pregnancy or who are breastfeeding are specifically advised that they should consult their physicians before taking any nutritional supplement.</i></p>	
<p><b>CONTRAINDICATIONS</b> HEALTHSIL is a 100% natural and organic source of silicon dioxide. It is contraindicated in patients with sensitivity to silicon dioxide.</p>	