

MMST Silicon

The most stable and highly bioavailable silicon source for your hair, skin and nails, with added biotin.

Vegan

GMO Free

Gluten Free

Soy Free

Dairy Free



- Each capsule provides 10mg of monomethylsilanetriol (MMST), the most stable and highly bioavailable source of silicon
- Indicated for skin, hair, nails, bones and general collagen support
- 2.5mg of biotin per capsule is added for its ability to increase nail thickness and reduce nail splitting

Silicon is an extremely important mineral for collagen production. Specifically, silicon regulates fibroblast activity and hydroxylation enzymes to help ensure healthy skin, hair and nails. Research has confirmed its clinical utility in these areas, with various improvements found in skin elasticity, nail brittleness and hair quality. Moreover, supplemental silicon has also shown to be able to increase the collagen content of bone and improve bone mineral density.

The problem is that most forms of silicon are poorly bioavailable because they are insoluble. Naturally occurring silicon sources are large and will clump together to form polymers. Supplemental forms that are synthesized to be smaller

molecules tend to be unstable. In both cases, silicon becomes difficult for the body to absorb.

The solution to this problem is Monomethylsilanetriol (MMST). MMST is fully stable without polymerization potential. Its small methyl group maintains the stability of molecular bonds and keeps the molecular charge neutral. This makes MMST the most bioavailable organosilicon molecule capable of significantly increasing silicon levels within the body. Head-to-head studies have shown that MMST is 3.5-times better absorbed than choline-stabilized orthosilicic acid (ch-OSA), and 21-times better absorbed than horsetail, bamboo and colloidal silicon sources.

Vitamin B7, more commonly known as biotin, is also a core component of hair, skin and nails. Research has shown that biotin supplementation over the course of 6 months can improve nail thickness in women with brittle and splitting nails.

MMST Silicon conveniently combines 10mg of elemental silicon sourced from Nova Scotian quartz and 2.5mg of biotin per capsule. MMST Silicon is a simple, yet effective, formula for supporting collagen production.

Available in 60 vegetable capsules and 450ml liquid.

Each capsule contains

Biotin	2.5mg
Silicon	10mg
(LIVING SILICA ® from Methylsilanetriol)	

*Living Silica® is a registered trademark of Silicium Laboratories LLC.

Non-Medicinal Ingredients

Vegetable-grade magnesium stearate, microcrystalline cellulose, acacia gum. Capsule: hypromellose.

Recommended Use Claim

Helps to maintain healthy hair, skin, and nails.

Directions of Use

Adults - Take 1 capsule per day or as directed by a healthcare professional.

Cautions and Warnings

Consult a healthcare professional prior to use, especially if you are pregnant or breastfeeding. This product provides biotin in amounts that may interfere with diagnostic laboratory tests.

Duration of Use

Consult a healthcare professional for use beyond 4 weeks.