



BAMBOO SILICA

Could it be possible that the best skin and hair of your life are ahead of you? Enerex Bamboo Silica improves the condition of hair, skin, nails, gums, ligaments and bones, and helps to age-proof your appearance by restoring the building blocks that create it. Silica, called the "strength and beauty nutrient," helps you to grow a younger body!

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OVERVIEW

You can't hide from your outer appearance. Your skin, hair and nails are a hyper-sensitive link to the outside world, and a walking billboard for your overall health. Their condition is often determined by the lifestyle decisions you make every day – food, sleep, digestion, hydration, relaxation — and they're not good at keeping secrets.

This means that you need to:

1. work from the inside out, building inner health to create outer beauty and vitality
2. consider what these outer signposts are revealing about your body's inner health

One of the best ways to have a healthy, beautiful inner and outer body that changes little from year to year is to give it the nutrients it needs.

Why Enerex Bamboo Silica? Silica is an element in the body known to play an important role in the health of your skin, hair and nails (that are visible), and ligaments, tendons, arteries and bone (nonvisible, and only *felt after* their health has been jeopardized).

An adult body contains about 20 grams of silica, and these silica stores must be maintained at this level to have good health. However, your body constantly

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metabolizes Silicic Acid, meaning that silica is eliminated through urination, hair loss and nail trimming. This natural reduction of silica can be from 10 to 40 mg daily so you need to replace it in nutrient-dense foods or supplements.

Enerex Bamboo Silica is a pure extract from bamboo shoots that is 70% organic silica by weight. It has over 10 times the amount of silica that horsetail has, an herb which is often used for silica supplements.

Silica supplements may retard the aging process.

At birth, your body contains a maximum level of silica that declines with age. Over our lifetime, as levels of silica decline, your body shows the telltale signs of aging such as dry and wrinkled skin, sagging muscle tone, weakened teeth and gums, hair loss, stiff joints and bone loss.

It is difficult to get enough in the diet (the silica in foods like oats, millet, barley, potatoes, beans and mussels is hard to absorb), therefore getting a daily supply with **Enerex Bamboo Silica** will help maintain this necessary balance and minimize the effects of premature aging.

Why do you need silica? Here are 8 good reasons.

- Silica is vital for joint health and flexibility. Silica helps nutrients called chondroitin sulfate and hyaluronic acid to be deposited into cartilage, and aids in forming collagen in connective tissues. This has important implications for managing arthritis.
- It is essential for normal bone development and may help to prevent osteoporosis and re-calcify bones (and decalcify unhealthy deposits of calcium in other tissue).
- It plays a role in mineral absorption, and enhances the function of iron, calcium, magnesium, potassium and boron in the body.
- Silica may be useful in strengthening the musculoskeletal system, preventing muscle/bone injuries and helping them heal.
- It improves the cardiovascular system, reducing blood fats and cholesterol, and improving elasticity and permeability of the arteries. (Atherosclerosis can occur as a result of silica deficiency. In studies, silica was found to be up to 14 times more abundant in the arteries of people who have no heart disease.)
- It has been used in cleanse programs to help eliminate toxins including aluminum (and may help to prevent Alzheimer's disease by assisting the body in eliminating aluminum — thought to be a causative factor in developing it).
- Silica helps to create healthy, toned, youthful skin by providing strength and resilience to collagen and elastin; and it has been used to alleviate eczema and psoriasis.

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- It improves the condition of and stimulates growth and repair in hair, nails, teeth and gums.

INGREDIENTS

EACH VEGETARIAN CAPSULE CONTAINS:

Medical Ingredients:

- Bamboo Extract (70 mg Silica) *Bambusa vulgaris* stems 100 mg
- Calcium Citrate (40 mg elemental Calcium) 200 mg

Bamboo silica supplements are the best way to correct silica deficiencies, which commonly begin to occur in middle age, because most of the silica in foods is alumina-silicate, a non-bioavailable form. Extract from bamboo shoots is 70% organic silica, over 10 times the amount of Silica that horsetail has, which is often used for silica supplements.

Calcium Citrate is a form of calcium that is combined with an amino acid (in a process called “chelating”) to create a highly absorbable organic chelate compound. As a result, studies show that 75% more calcium is delivered to the bones and tissue than with inorganic (non-chelated) types of calcium like calcium carbonate.

* Within a vegetarian cellulose-complex capsule.

* There are no other ingredients added to this formula.

Directions:

Take four capsules daily, two in the morning and two in the evening.

FEATURES

Why does Enerex use bamboo for its silica?

Bamboo is an edible, ecologically sustainable grass that has been part of the diet of mankind for thousands of years. It is also the principal food for many species of mammals.

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For example, bamboo is the principal food of the Indian elephant. The Indian elephant is smaller than its African cousin, but it is much stronger. The Giant Panda of China exists almost exclusively on bamboo, and its skeletal system is incredibly strong, yet very flexible. These unique properties are thought to be related in some part to the high silica content of bamboo.

Bamboo extract is the richest known source of natural silica, containing over 70% organic silica. This is more than 10 times the level found in the widely used Horsetail plant (*Equisetum*) that contains 5% to 7% silica. **Enerex Bamboo Silica** extract is prepared from Tabashir bamboo stems from India (*Bambusa vulgaris*).

To increase the effectiveness of **Enerex Bamboo Silica**, we added 200 mg of calcium citrate to the formula. Calcium absorption in the bones and other areas is enhanced by the presence of silica (silicon), and like calcium, silica is involved in normal bone development. Calcium also helps to regulate the heartbeat, and plays a role in energy production, immune function and cell membrane permeability. Like silica, a deficiency of calcium may also speed the skin's aging.

Silica vs. Silicon?

Silicon (Si) is the second most abundant element in the Earth's crust after oxygen, but very rarely occurs as the pure element in nature. It is most widely found in sand, quartz and other stone as various forms of silica, also called silicon dioxide. Although silica and Silicon are used interchangeably, silicon is a tiny single atom and silica is a larger molecule (atoms combine to make molecules). Silica has been used in ceramics and building materials for many years, but silicon's role as an essential nutrient was not established until 1972. Silicon is commercially prepared for supplements using silica.

Need more evidence of silica's effectiveness? Here are several clinical abstracts reporting the effectiveness of silica.

1. In this study, researchers reported that higher intake of dietary silicon was significantly positively associated with bone mineral density at the hips of men and pre-menopausal women. "This study was repeated using the APOSS (Aberdeen Prospective Osteoporosis Screening Study) for women only, and it similarly showed that dietary silicon intake was significantly positively associated with bone mineral density at the hip and spine of pre-menopausal women." (Jugdaohsingh R, Tucker KL, Qiao N, Cupples LA, Kiel DP, Powell JJ. "Silicon intake is a major dietary determinant of bone mineral density in men and pre-menopausal women of the Framingham Offspring Cohort." *Journal of Bone and Mineral Research*. 2004;19:297–307.)

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2. “There is perhaps no question that silicon appears to have a beneficial role in bone formation and in bone health. Since the findings of Carlisle (1.), and Schwarz & Milne (2.) of a potential role of silicon in bone and connective tissues, there have been numerous studies over the past 30 years investigating this potential role of dietary silicon.” (R. Jugdaohsingh, *Journal of Nutrition, Health and Aging*. “Silicon and bone health” 2007 Mar-Apr; 11(2): 99–110.)

He was referring to the following abstracts: 1. Schwarz K, Milne DB. “Growth promoting effects of silicon in rats.” *Nature journal*, 1972;239:333–334. 2. Carlisle EM., “Silicon: an essential element for the chick.” *Science journal* 1972;178:619.

3. “Compelling data suggests that silica (Orthosilicic acid, the form predominantly absorbed by humans) is essential for health although no RDI has been established. However, deficiency induces deformities in skull and peripheral bones, poorly formed joints, reduced contents of cartilage, collagen, and disruption of mineral balance in the femur and vertebrae. Rodent studies indicate a No Observed Adverse Effects for dietary silica. Martin, KR, *Journal of Nutrition, Health and Aging*, “The chemistry of silica and its potential health benefits.” 2007 Mar-Apr;11(2):94-7.

AILMENTS

Beauty

With each passing decade, you face new challenges in keeping your youthful, toned complexion and full, lustrous hair partly due to a loss of the nutrient silica. **Enerex Bamboo Silica** helps you prepare for the years ahead by rejuvenating those vital keys to ageless skin – collagen and elastin – and stimulating growth and repair in hair, nails and teeth. Silica is also helpful for alleviating eczema, acne and psoriasis.

Digestive & Gastro-Intestinal (G.I. Tract)

Silica deficiency may be one of the causes of weakened digestion as we age. Silica may help protect against and heal gastric ulcers. **Enerex Bamboo Silica** may also be helpful for the removal of toxins from the GI tract which arise as a result of poor digestion of food, and help the body to absorb nutrients from food.

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Skeletal System

Since the nutrient silica is essential for normal bone development, **Enerex Bamboo Silica** may help to prevent osteoporosis and re-calcify bones. Silica plays a role in mineral absorption, including calcium, magnesium, potassium and boron, which are vital to bone health. Silica may be useful in strengthening the musculoskeletal system, preventing joint/bone/muscle injuries and helping them heal. This formula also contains highly absorbable calcium citrate.

Strength & Body-Building

Enerex Bamboo Silica is a component of many athletes' supplement regimes because of its benefits for joint health and flexibility, and strengthening the musculoskeletal system. Silica may help to prevent muscle/bone injuries and help them heal because it assists chondroitin sulfate and hyaluronic acid to be deposited into cartilage, and helps form collagen in connective tissue. Collagen is a major component of ligaments and tendons and so helps to maintain their strength and elasticity. It also makes your other supplements more effective, enhancing the function of minerals including iron, calcium, magnesium, potassium and boron in the body.

Need to add how silica helps with the ligaments and tendons. Collagen is a major component of ligaments and tendons and so helps to maintain their strength and elasticity.

Cleansing & Detox

Enerex Bamboo Silica has been used in cleanse programs to help eliminate toxins including aluminum (which is thought to be a causative factor in developing Alzheimer's disease). In addition to increasing the health and beauty of skin and hair, which is often reported after a detox program, silica aids in general health-rebuilding because it plays an essential role in absorbing nutrients from food. It enhances the function of minerals including iron, calcium, magnesium and potassium in the body.

PACKAGING

Why should you care about Enerex Bamboo Silica's bottle? We chose this packaging because it protects the product and the planet.

Enerex products are housed in recyclable BPA-free PETE plastic containers to provide the best protection against oxidation, moisture, sunlight, and "chemical migration" from container to product (so the supplements don't acquire toxins from the plastic). In all of these areas, PETE is

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virtually equal to that of glass but without the larger environmental footprint left by glass packaging (it's very heavy to transport, using more fossil fuel).

PETE plastic is far superior to that of HDPE white plastic: HDPE plastic is used for the majority of products on the market, but unlike more costly PETE bottles, HDPE plastic starts to immediately degrade the product inside because it doesn't provide a protective barrier to oxygen or moisture. Studies show high concentrations of chemicals that have migrated from HDPE bottles to the product inside compared to PETE and glass bottles.

ARTICLES

May 02, 2011: [Bamboo may be a 'new health food', says review](#)

August 10, 2010: [Calcium's weight loss potential gets RCT support](#)

April 16, 2009: [Do the panda: Bamboo shoots may boost female bowel health](#)

TESTIMONIALS

Please leave a testimonial if you really like this product.

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