

MMST Silicon Liquid

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

Each tablespoon (15ml) contains:

Silicon (from 12mg Methylsilanetriol)	4mg
Biotin	2.5mg

450ml bottle

Vegan. GMO, gluten, soy and dairy free.



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-O-SA), and 21-times better absorbed than horsetail, bamboo and colloidal silicon sources.

Key points

- Each tablespoon provides 12mg of monomethylsilanetriol (MMST), the most stable and highly bioavailable source of silicon, providing 4mg of elemental silicon
- Indicated for skin, hair, nails, bones and general collagen support
- 2.5mg of biotin per tablespoon is added for its ability to increase nail thickness and reduce nail splitting
- Naturally sweetened with monk fruit extract

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 Liquid conveniently combines 12mg of MMST (providing 4mg of elemental silicon) sourced from Nova Scotian quartz and 2.5mg of biotin per tablespoon. **MMST Silicon Liquid** is a simple, yet effective, formula for supporting collagen production. It is sugar-free, naturally sweetened with monk fruit extract.

Related products

Collagen Peptide Liquid
A·C·E·S· + Zinc

Non-Medicinal Ingredients: Purified water, citric acid, potassium sorbate, citrus extract, monk fruit extract.

Indications: Helps to maintain healthy hair, skin and nails.

Directions: Adults - Take 1 tablespoon (15ml) per day, 5-10 minutes before meals or as directed by a healthcare professional. If possible, hold in mouth for 1 minute before swallowing in order to maximize its absorption under the tongue.

Shake before use. Refrigerate after opening.

Warnings: Do not use if safety seal is broken. Consult a healthcare professional prior to use if you are pregnant or breastfeeding.