Nature's Way
Trust The Leaf™

Horsetail

Latin Name
Equisetum arvense

Description
Horsetail grass organically grown by Trout Lake Farms, Washington.

Usage
Horsetail grass is valued for the high silica content of it's dried stems. High silica content makes it abrasive, and in the past it was used to polish metal and wood.*

Recommended Daily Dosage
Take one to two capsules two to three times daily with water at mealtimes or prepared as a tea.



© 2003 Nature's Way
Click here for Usage Rights.

The following list is for serving size of 2 capsules

Primary Ingredients	***Amount***	***USRDA***
Horsetail Grass	880 mg	0%

Other Ingredients
Gelatin

Sizes & Suggested Retail Price
100 capsules - $8.49

Where to BUY?

Synergistic Products
Corn Silk
Hair & Skin Formula
Hydrangea
Parsley
Urinary Formula
Uva Ursi

Quality Issues
Nature's Way Horsetail Grass is certified organically processed by Oregon tilth.

Usage Warnings
Increase fluid intake during use.

Do not use during pregnancy.

Long-term usage (more than 3 weeks in a row) should be discouraged.

Product Q&A

1. How much Silica does Horsetail contain?
   It contains approximately 22 milligrams per capsule or 4.94%.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.