

# Horsetail Grass Max-V

## Natural source of silicon

### DESCRIPTION

Horsetail Grass Max-V vegetarian capsules, offered by Douglas Laboratories®, provide significant amounts of silicon as silicic acid.

### FUNCTIONS

Horsetail grass (*Equisetum arvense*), also known as shave grass, bottle brush, and scouring rush, was traditionally used over the centuries in the West and the East for its astringent and wound healing properties. These therapeutic properties are due to the herb's high content of silica (5-8%), which also contributed to its reputation as a scouring agent. Its content of several flavone glycosides, e.g. isoquercitrin and equisetin and the saponin equisetonin account for horsetail's reputation as a weak diuretic.

Today, scientific research supports horsetail grass' use as a wound healing agent, particularly for the repair and maintenance of connective tissue. Horsetail grass' high content of silicon as silica is responsible for these therapeutic effects. Connective tissue, e.g. bone, tendon, cartilage, blood vessels, and skin, contains most of the silicon found in the body. Silicon's primary role in the maintenance and repair of these tissues is thought to involve their structural framework as silicon appears to be an integral part of their supporting protein and glycosaminoglycan complexes. A deficiency of dietary silicon negatively affects the structure of this supporting matrix, i.e. collagen, elastin, and glycosaminoglycans, more than the mineralization process itself.

Recent animal research shows that dietary silicon inhibits ovariectomy-induced loss of mineral mass from axial and trabecular bones, while it stimulates bone formation. These data suggest that dietary silicon may have an important therapeutic role in osteoporosis.

### INDICATIONS

Horsetail Grass Max-V may be a useful dietary

adjunct for those who wish to supplement their diet with silicon in a vegetarian capsule.

### FORMULA (#77350)

**Each Vcaps™ Vegetarian Capsule Contains:**

Horsetail Grass (*Equisetum arvense*)..... 300 mg  
Standardized to 10% Silicic acid  
(7.87 % silica) (Europe)

In a 100 mg. base of non-standardized Horsetail Grass.

### SUGGESTED USE

Adults take 1 capsule daily between meals or as directed by physician.

### SIDE EFFECTS

No adverse effects have been reported.

### STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

### REFERENCES

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**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.**

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