



ORGANIC SILICON G5[®]

Food Supplement



Approved and regulated by the European Commission & EFSA



Organic Silicon G5®, For health and well-being

Exclusively manufactured by the Irish laboratory LLR-G5 since 1999, which adheres to the original formula developed by Norbert Duffaut in 1959, Organic Silicon G5® is now available as a food supplement.

Manufactured according to the highest quality standards, ensuring safety, purity and efficiency as its priorities, Organic Silicon G5®, is considered to be a healthy and efficient source of silicon according to EFSA, the European Food Safety Authority. Absorbed up to 70%, Organic Silicon G5® helps keep connective tissues healthy and contributes to overall health and well-being.

Learn more about the products

- Available in 500ml or 1000ml bottles
Preservative free
- **Intensive course:** 30ml, 3 times a day
- **Maintenance course:** 10 to 20ml
1 to 3 times a day

Ingredients: Water, Organic Silicon (Monomethylsilanetriol).

Store at room temperature.

Organic Silicon G5®, an overview of its many benefits!

Over the years, scientific studies have confirmed the beneficial results related to the intake of silicon. When one knows that silicon is essential, supplementation proves to be an effective solution to feel on form and good in one's skin. It intervenes in particular in:

- **Bone & joint health:** the effectiveness of silicon has been demonstrated to increase bone density. Indeed, the strengthening of the bones and the formation of cartilage depends on the nutritive supply of silicon combined with calcium. Silicon assists in the proper functioning of joints reducing joint pain.
- **Skin health:** Silicon plays a major role in the composition and renewal of connective tissue of the skin and helps to slow skin ageing. It also brings strength and resistance to hair and nails.
- **Cardiovascular health:** consuming silicon helps maintain healthy arteries and helps to prevent the formation of fat deposits in the arteries, called atherosclerotic plaques.

In summary, G5® Organic Silicon can be an effective solution to persons wishing to take care of their general health.

Did you know?



Silicon is an element very present in nature.

- Silicon is the second most abundant element of the earth's crust, after oxygen.
- In our bodies, silicon is the third most abundant trace element, after iron and zinc.





What is Organic Silicon G5®?

Organic silicon, also known as MMST (“monomethylsilanetriol”), is the active element of Organic Silicon G5®. Unlike mineral silicon which is derived from food and contained in other products available on the market (mostly in the form of orthosilicic acid or colloidal silica*), organic silicon has a carbon atom. This unique difference gives it optimal bioavailability.

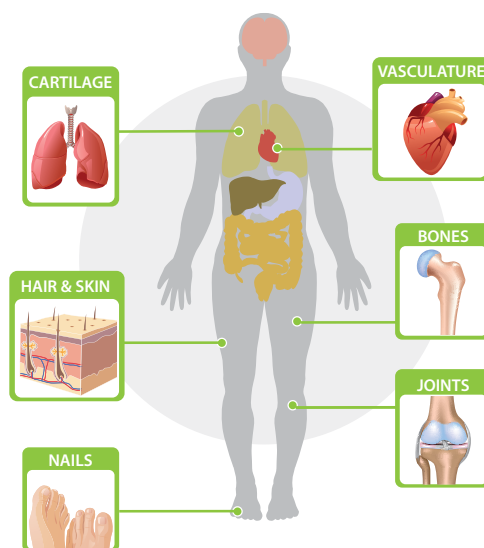
Organic Silicon G5® is the first food supplement to contain organic silicon.

What is the role of silicon in humans?

Silicon is particularly abundant in connective tissue, which is essential in the composition of the heart, joints, bones, hair and skin. It plays a vital role in the production and elasticity of collagen, a major component of connective tissue. As silicon levels decrease with age, silicon supplementation could be effective.

Organic Silicon G5®

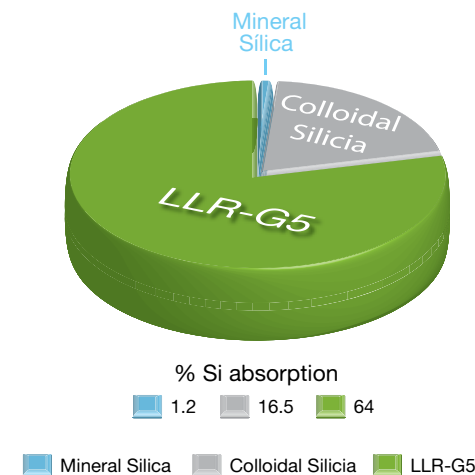
Improves muscle recovery and sports performance



Optimal absorption and bioavailability

Optimal absorption and bioavailability: G5® Organic Silicon is 4 times better absorbed than mineral silicon, and does not accumulate in the kidneys, which gives it optimum efficiency. The form of Organic silicon makes it amphiphilic: it can travel in both lipid and aqueous environments. Since our cells are composed of water and lipid membranes, organic silicon moves very easily into the tissues and is therefore particularly well assimilated. A study measuring the absorption of different forms of silicon was carried out by volunteers at St. Thomas Hospital, London, and showed that Organic Silicon Organic G5® was the most absorbed silicon¹.

Organic Silicon G5® is assimilated up to 64% by the body, making it the most absorbable form of silicon.



1. Sripanyakorn S, et al., The comparative absorption of silicon from different foods and food supplements, British Journal of Nutrition, 2009.

* Orthosilicic acid stabilised by choline.

Organic Silicon G5® : essential for anti-ageing



BONE AND JOINT HEALTH

- Silicon is involved in the formation and repair of connective tissue, which is very abundant in the bones and joints.
- It plays an essential role in the fixation of calcium in the bones and thus contributes to their strengthening.
- A study carried out by the Universities of Cambridge, London and Harvard on more than 2800 people showed that silicon intake increases bone volume. Another study showed that the intake of Organic Silicon G5® manufactured by LLR-G5 Ltd. increases the volume of the iliac bone (main hip bone) in 70% of osteoporotic subjects^{2,3}.



CARDIOVASCULAR HEALTH

- Silicon promotes the synthesis of collagen and elastin fibers, major components of the connective tissue of blood vessels, such as arteries.
- It's ingestion helps maintain healthy arteries by preventing the formation of fat deposits, called atheroma plaques.
- A study published in the Atherosclerosis journal, showed that silicon reduced atheroma plaques. This could be explained by an increase in the impermeability of the arterial wall thanks to silicon⁴.



BEAUTY: HAIR, SKIN & NAILS

- Silicon contributes to the production of collagen and elastin in the connective tissue of the skin, hair and nails.
- It helps to slow skin ageing. A study, published in the Journal of International Medical Research, showed that silicon supplementation for 3 months resulted in a significant increase in the thickness and elasticity of the skin⁵.
- Silicon also brings strength and resistance to hair and nails.



2. Schiano A, et al., Silicium, tissu osseux et immunité, Revue du Rhumatisme, 1979

3. Jugdaohsingh R, et al, Dietary silicon intake is positively associated with bone mineral density in men and pre-menopausal women of the Framingham Offspring cohort, Journal of Bone and Mineral Research, 2004.

4. Loeper J, et al., The antiatheromatous action of silicon, Atherosclerosis.,1979

5. Lassus A, Colloidal silicic acid for oral and topical treatment of aged skin, fragile hair and brittle nails in females, Journal of International Medical Research, 1993