

Place	Date	Size	Demographics	Title	Feedback
DAB Nutrition w/ Amazon.com	17-Feb-10	30 ml	California	It works!	Hair grows super fast with this product. I've been using BioSil for over a year and it made my hair grow so long so fast. Even within two weeks I saw a noticeable difference. My hair is much more shiny and each follicle is thicker. My nails also grow fast with this. Buy buy buy, it works!
DAB Nutrition w/ Amazon.com	17-Feb-10	30 ml	Delaware	It works!	My sister started taking this about a year ago and since I see her infrequently I could not believe the difference in her hair! She had a beautiful head of hair that was thick. It looked like a lion's mane(OK, maybe she needed a hair cut) but her hair used to be so thin she needed hair extensions to give the illusion of thickness!! So of course I started taking it immediately. It takes about 3-4 months to see a difference but it is significant. It seems that my actual strands of hair are thicker and I definitely have more hair and I find only about 10% of what I used to in the shower drain! It takes 10 minutes to dry my hair instead of 3 minutes and it is alot more fun to have thick bouncy hair. Now, the only thing is, she told me to take 10-20 drops a day(I put them in empty vitamin capsules.) The product label has a 6 drops a day. Of course I have told my friends and can't wait to see the results...She also said that the Natrol brand of biosil is the best but there are others out there. I have had such good results with this one that I am nervous to try any others. Try it, but make sure you stick with it long enough to get results, and have fun with your "new head of hair"
Swanson	12-Feb-10	30 ml	Unknown	It works for nails and hair!	"This works so well I only use it 2-3 times a week. I am having to cut my nails and get haircuts more often! I started taking it because i suspected I had some kind of deficiency in diet. I prefer it to the other products for nails available here."
iherb.com	12-Feb-10	30 ct	Canada	Seems to work	The pain in my hip is almost all gone now...i'm taking it with Now Foods Hyaluronic Acid with MSM though, so i can't really separate the two and tell which one does what.
iherb.com	10-Feb-10	30 ml	California	Effective	My nails started growing faster and became stronger just after few weeks! Best taken with juice because of funny taste.

iherb.com	10-Feb-10	30 ml	Unknown	slight improvement for hair - with some extra help	An average of ten drops a day in juice for a few weeks, and hair loss has decreased a little and I think there is some fragile regrowth. However I have also been taking biotin 1000mg and an iron supplement (the latter only because I had it confirmed by blood tests that my ferritin was low) as well as some dietary changes. So I cannot say that any improvement was solely due to this. Despite that, I think this works to an extent; many, MANY other things in the past showed no effect at all. No difference in skin, ie fine lines, though
iherb.com	10-Feb-10	30 ct	Maine	Silicon	BioSil has made my teeth stronger. BioSil is much better than horsetail. I also use OptiMSM - 4 grams daily. BioSil has a good bottle, a good bottle neck and a good screw bottle cap. The seal leaves no sticky residue. There is a piece of cotton on the inside and an absorbent for freshness. BioSil has good ingredients and no bad fillers
Vitamin Style w/ Amazon.com	10-Feb-10	60 ct	Louisiana	Great Service, bad product	The company is great. They delivered it quickly. However if you are thinking about buying this item look into something different. I read the reviews too and thought I'd give it a try. I'm just another person who itched like crazy from this product. It was so bad I had to stop taking it because I was developing bumps on my legs! I usually don't react to things, but this was just ridiculous. Money wasted.
iherb.com	8-Feb-10	30 ct	California	So far...	This seems to be working. Nails are better, skin looks better, I think hair looks better... pretty early for a review on this product
iherb.com	1-Feb-10	30 ct	Florida	Good Product	BioSil is an excellent product. It does help in skin health.
Vitamin Style w/ Amazon.com	1-Feb-10	60 ct	Rhode Island	Biosil capsules	I was a little skeptical about taking a new product because there weren't many reviews on it, but I'm glad I tried it. I'm on my third bottle and a few weeks ago I noticed the new hair growing in the front of my head. I used to be able to see my scalp, but it's slowly being covered up. This stuff really works. Don't expect miracles with it, but it will grow hair. It does take a few months (like the directions state) but, be patient and you will see a difference.
The Natural Health Shoppe w/ Amazon.com	31-Jan-10	30 ml	Unknown	Works excellent	My husband has skin that tears if it is bumped. The BioSil stops this within a few weeks. There are no bad side effects with this product. The buyer got the product here in a reasonable amount of time and it was just what we ordered. I would recommend this for anyone who is having this problem with their skin.

iherb.com	30-Jan-10	60 ct	North Carolina	Seems to be working...	I have also been taking Biotin for my hair and nails, so I'm not sure if it's the combination of the two products or the Biosil. But, I have seen an improvement in my hair, nails and skin. Just ran out and I'm going to order some more today.
iherb.com	26-Jan-10	30 ml	Texas	Love this!	I've been taking this for 2 months, and I notice a HUGE difference in my knees! I've worked in the ski industry for the past 15 years and my knees show it. This product really helped my knees feel much better. AND my skin looks younger!
iherb.com	21-Jan-10	30 ct	New York	Tried for 1 month and had to re-order!	My girlfriend loves this stuff. Funny, I'm the one who is seriously losing my hair! She is on her second bottle while I have given up hope. Based on her recommendation, I just might have to try this stuff!
iherb.com	14-Jan-10	30 ml	Utah	Nice way to get my silicon	Liquid, sometimes I rub it right on my nails.
iherb.com	11-Jan-10	30 ct	Hong Kong	Hairy face & neck	I tried this product due to weak nails and falling hair. I am female and in my fifties. Within two to three weeks I noticed I had light downy hair all over my face and neck - my husband noticed it too ! I was told I was growing a moustache and a beard ! I stopped taking it immediately and have had wax treatments to remove the soft body hair that seemed to appear all over. I did not really see any improvement in the hair on my head or my nails but then maybe I discontinued earlier than one should have, due to the other results. It may be a good product for the guys rather than the girls!
DAB Nutrition w/ Amazon.com	9-Jan-10	30 ml	USA	I like very much	it is very good but does not taste too well I have seen any immediate response too
Vitamin Shoppe	6-Jan-10	30ml	Unknown	This stuff works!	I am an African American woman 43 years old. All my life I've had thin hair, after four months on Biosil my slo growing weak thin hair is glossy long and SUPER THICK!!! It taste like crap but the end result is soooooooo worth it!!!!!!!
iherb.com	5-Jan-10	60 ct	Virginia	Works well	Easy to take and seem to be working on my fingernails!
allnutri.com	3-Jan-10	30 ml	Pennsylvania	Holly	I have always had extremely dry skin, as well as brittle hair and nails. I ordered a month's supply of biosil and I love it! My skin looks and feels healthier and my nails have begun to grow. I look forward to even better results with future orders!

iherb.com	31-Dec-09	30 ml	Turkey	Best hair product	After 1 month usage,I really noticed the difference in my hair.I definitely advice it for patients who have hair loss problems also.I will bu it again
http://havana.mama59.blogspot.com/2009/12/biosil-for-thinning-hair.html	29-Dec-09	30 ml	Havan Amama Blog	Biosil for Thinning Hair	Ladies-- I can honestly confirm that it is NO fun getting old. My skin is blotchy, my hair is thinning, my face is falling, not to mention the rest of me. I am finding lumps and bumps where I didn't know could exist! However, I am beginning to fight back! I am going to the gym more regularly now (it does help), I've been hitting the dermatologist a lot, and I've found an amazing product for thinning hair, it's called Biosil. This product is nothing short of a miracle. My hair stylist recommended that I take this product, and I finally got around to buying it early this year, and OMG! I almost stopped taking the drops early on because the taste is so gawd awful, but if you mix it with juice, it's bearable. It took about 4 months to actually see results, and results I did see! One day, I was looking in the mirror and I had like a bunch of little clumps of hair sticking up (I was beginning to look like a rooster), and I am like..."what the hell?" So I went to my stylist and she said, "that is all new growth," and I am like..."what?!" And it's true. My hair has gotten so much thicker and shinier. A small bottle of Biosil liquid runs about \$20-\$25, but it will last 30-60 days, depending on how many people are using it, or how many drops you take. The directions are for 6 drops daily, but I've doubled it. Not sure if it helps extra 6 drops makes a difference, but overall, I am very happy with this product. :)
iherb.com	29-Dec-09	60 ct	Hong Kong	Worth the money	I have been taking it to combat hair loss and knee joint pain. After using it for one month, I suffer from less hair loss and fewer episodes of pain. That said, I also include MSM, biotin, fish oil, borage oil into my regime.
iherb.com	29-Dec-09	30 ct	California	Reduces wrinkles and younger looking skin!!'	I'm writing to let you know what my results are. After 3 weeks with this, I began to notice less hair loss in the shower, less wrinkles (the fine lines are 40% gone!!); my small bald area ir bearily noticeable!! and my nails feel stronger/thicker. I am 51 years old and feel this gives me a younger look. My skin looks younger. So, I'm going to say, this product does deliver positive results.
iherb.com	28-Dec-09	30 ml	Australia	Magic in a bottle	Take this product for severe hair loss in conjunction with your neocell pure collagen. magic results. hair strong shiny and regrowing. i lost that much hair a naturopath said i would be bald in 2 months well it is 3 months now and have a nice head of hair and growing well nails are growing wil i have to cut them every 5 days.

iherb.com	28-Dec-09	30 ml	Unknown	I think it's working	i got this for my ever-tearing, paper-thin fingernails. we'll know 12 weeks down the road. make sure you put it in juice cos it's nasty but you won't taste it in juice. only gave this 4 stars cos i'm uncertain of its effect, yet.
iherb.com	28-Dec-09	30 ml	New Zealand	From New Zealand, Natrol, Biosil	This is convenient,easy to take and good value. I take 5 drops 2x day. I think makes me constipated but am persisting with it. Have only been taking it for 2 weeks and my nails seem to be growing. Haven't noticed any difference in the hydration of my skin yet. I take this primarily for my bones and joints and will update this again after a few months
iherb.com	28-Dec-09	30 ml	Idaho	Natrol Biosil	This has been a close second choice when the first choice product becomes unavailable. The biologically available silicon is a great help in correcting and controlling very dry skin, hair, and nails.
iherb.com	27-Dec-09	60 ct	Florida	Nails	I have noticed a difference in my nails since using this product
iherb.com	18-Dec-09	30 ml	Canada	Notice a difference after two weeks	I've been using this for the past 2 weeks, and I can already see a marked improvement in my skin texture and hair strength. Can't say much about nail benefits as I've always had strong nails. But my skin feels softer and looks plumper, and my hair has gotten stronger. Looks promising, can't wait to see further improvement over long-term use. I take 12 drops daily with pineapple juice
iherb.com	17-Dec-09	30 ml	California	Fantastic	great for hair and nails. take it in juice to mask the flavor becuz this stuff tastes funky
iherb.com	15-Dec-09	30 ml	Iowa	Biosil	Great Product and Great prices at iHerb.
DAB Nutrition w/ Amazon.com	11-Dec-09	30 ml	California	Greatest product for hair	its the wonder product for hair, fuller and grow faster, it require a month to see the amazing result. if you have hair lost problem got to try this. not much help on skin or eyelashes.
iherb.com	9-Dec-09	60 ct	Great Britain	They work	These capsules really work, they are quite expensive but well worth the money, I see a big difference in my hair and nails.
iherb.com	9-Dec-09	30 ct	Idaho	Biosil	This is not the product I have been using, but a substitute. It seems to be providing the necessary results--need to use it a bit longer to tell for sure.
iherb.com	3-Dec-09	30 ml	Texas	Biosil	Very good product
iherb.com	2-Dec-09	30 ct	Florida	Great product	Good product

iherb.com	29-Nov-09	30 ml	Ireland	Seems good	Only using this for 2 weeks so hard to say whether it's doing its job or not. Can't see any difference in my nails yet but my hair does seem to be growing. Will keep using and update any further results
vitacost.com	28-Nov-09	60ct	Atlanta	Good Product	I have been using BioSil for about 2 months now and I can see the difference in my hair and nails. Love this product and would recommend!
iherb.com	22-Nov-09	60 ct	Michigan	Great for hair and nails	And hopefully it is doing good for my bones too
The Natural Health Shoppe w/ Amazon.com	21-Nov-09	30 ml	Unknown	Natrol Biosil	I love this product. Yes, it tastes fishey but add it to something with flavor and you can't taste it, or just chug it down! My hair, skin and nails are happy I use these drops. I've been using BioSil for 4 months and I'm glad I stuck with it because my nails are now longer and stronger. My hair is growing faster and I notice new hairs started growing out around my hairline. It feels thicker and healthier at my scalp. I'm a consistent user twice a day - I never forget to take it morning and night. I will use this product for as long as I can afford to purchase it.
iherb.com	20-Nov-09	30 ct	Minnesota	Amazingly fast notable improvements	I'm surprised how fast this product improved my skin - reducing dryness and enhancing the 'glow'. Love it!
iherb.com	16-Nov-09	30 ml	California	Well, may be one product that makes a difference.,	I am almost at a month and my nails appear to be coming in stronger and the nail bed seems more glossy. Time will tell for skin and hair...4 stars because too soon to tell how much difference this is making in total...
iherb.com	15-Nov-09	60 ct	Missouri	Natrol, Biosil Veggie Caps	Like the product. I see an improvement in the thickness of my hair. Also, I damaged a nail bed about 35 years ago which caused the nail to have a vertical split and was always breaking. Since I've been taking this product I can see a vast improvement in the strength of the nail and it is not splitting as much as it has for years. I see an improvement every month.
iherb.com	13-Nov-09	30 ml	Unknown	My skin worth it!	Very good product
The Natural Health Shoppe w/	11-Nov-09	30 ml	Unknown	Biosil	The product arrived within the specified timeframe. I would use this vendor in the future.

iherb.com	9-Nov-09	30 ml	Illinois	Great product with multiple functions	Silica helps your skin, hair, nails, bones, and was recently shown to reduce the risk of dementia. It is safe, cheap, and vegan.... what is not to love!! It tastes a bit funky, but not terrible. The droplets are cheaper than the tablets, so it's your call.
Swanson	7-Nov-09	30 ml	Unknown	Avoid the taste	"Have used this for many years. The old package (red box) said you could put the drops in a small empty capsule and take with water. Empty capsules are cheap and that is the way I take this. Works well and no flavor."
vitacost.com	6-Nov-09	30 ml	California	Great Product	"Been using for 2 months. My skin looks better, my thin hair is stronger and more shiny and is growing really fast. Will keep using!"
iherb.com	2-Nov-09	60 ct	Singapore	So far so good	Just started on this for about 3 weeks. so far, no dramatic results yet but i guess it's because my skin, hair and nails are in good condition in the 1st place. just taking it for maintenance i guess.
iherb.com	29-Oct-09	30 ml	California	Worth the yucky taste	It's tasteless when mixed with fruit juice. but don't even try using just water. yikes. I once tried putting the drops down my throat and chasing it with water. that was a mistake. but this stuff works. I think my skin is better (I'm doing so many things, it's hard to know what is doing what), but my nails are clearly better from this.
iherb.com	29-Oct-09	60 ct	Washington	Biosil is great stuff	I found this product beneficial and so has my 93 year old Mother. We are both sold on it!
Swanson	28-Oct-09	60 ct	Unknown	Quality product	"Product does what it claims. It is a supplement that helps strengthen hair and nails."
The Natural Health Shoppe w/ Amazon.com	26-Oct-09	30 ml	Colorado	Biosil	This really works for me, and where I live no stores carry it; so I am really happy to be able to go online and purchase it.
iherb.com	23-Oct-09	30 ml	West Virginia	Much stonger nails	I had actually ordered Natrol Biosil because a friend suggested I should take it for bone support. After faithfully taking 6 drops in a little water for less than 3 weeks, I am amazed at how much better my fingernails look. If that is the only thing it does I am more than satisfied with the product.

iherb.com	21-Oct-09	30 ml	California	Hair improvement	I have been taking biosil for about a year and do see some improvement in my hair. I had been losing hair prior to this and Biosil seems to have helped.
Vitamin Style w/ Amazon.com	21-Oct-09	60 ct	Virginia	Biosil for nails, hair and skin	I first noticed my eyelashes lengthened. It took about 4-5 months for my nails to become stronger to the tips. My skin has become firmer, especially on the upper legs.
iherb.com	20-Oct-09	30 ml	Texas	Wonderful!	My daughter said her nails have gotten hard as rocks since she started using this. My friend also said her hip stopped hurting as well.
iherb.com	19-Oct-09	60 ct	Texas	Wonderful!	This is wonderful stuff. My hair feels stronger and is coming out less. My daughter says her nails are as hard as rocks since starting this.
iherb.com	17-Oct-09	30 ml	Australia		I do actually like this product :)
Swanson	15-Oct-09	30 ml	Unknown	Best purchase ever	"This product has saved me lots of money...it is truthful about what it does and it does it well..grateful I found it"
iherb.com	14-Oct-09	60 ct	Singapore	Helps my hands	I tried this last year but felt nothing, so I stopped for several months. But this year it's different! My hands were dry and itchy from household chores. I decided to try this product again after reading The Science of Beauty (free from iherb, Thanks!). By today, still taking my 1st bottle, I can see and feel that my hands are not as dry and it's no longer itchy. I can also see a general improvement on my face, it appears smoother, which is a bonus!This product also helps my joints and I have less "cracking bone" sound. lol I'll definitely continue taking this.
iherb.com	9-Oct-09	60 ct	Great Britain	Very good	I've been using BioSil for 3-4 months now and can see improvements in my skin,wouldn't say anything about my nails/hair as I have thick hair and strong nails.After smoking for 15 years(I'm 32) and having sleepless nights with 2 kids I noticed fine lines and my skin looked dull.This stuff works.But you have to be very patient as it takes about 2 months before it shows improvements.Thank you,IHerbs!! live in UK(London) and you've been amazing with your service and super fast shippment.Highly recommended!!!!:-)
iherb.com	8-Oct-09	60 ct	Ohio	Just ordered second bottle	Just finished my first bottle and ordered my second. My nails are growing and are definitely stronger. They have gone through a couple really hard hits where I thought for sure a nail had broken, but it didn't. My hair seems slightly silkier also. I am going to continue using this product.

herbsmd.com	5-Oct-09	60 ct	Unknown	It's really amazing!	I am using biosil for about 2 weeks and i found marked change on my brittle nails. They are now no more brittle and attaining full shine and strength day by day...Biosil is also good for hair. I had a problem of weak and thin hair but now i am feeling a strength and thickness in my hair. Thanks alot HerbsMD :)
vitacost.com	2-Oct-09	60ct	Chicago	Great Skin	"I have noticed shiny hair and a glow to my skin since starting BioSil. I alternate between the capsules and the liquid formula on days when I dont feel like taking another vitamin. It is a bit costly, but the product lasts a long time."
vitacost.com	2-Oct-09	30 ml	Chicago	Great in liquid form too!	"This is a grwat alternative to the capsule. I have noticed shiny hair and a glow to my skin since starting BioSil. I alternate between the capsules and the liquid formula on days when I dont feel like taking another vitamin. It is a bit costly, but the product lasts a long time"
iherb.com	2-Oct-09	60 ct	Alabama	Natrol Biosil capsules	On the third bottle of BioSil capsules. I still don't know if they are helping or not. Will keep on taking them, however, until all are gone. I do think my nails are somewhat stronger
herbsmd.com	1-Oct-09	60 ct	Unknown	AMAZING	If I speak truly I amazed with the results of Biosil. As I use it I was pleased with the look and feel of my skin, my nails are stronger and my hair going to be stronger and silkier. Thanks Biosil!!!!
iherb.com	30-Sep-09	30 ml	Canada	Difference in my nails, but not hair	I have been taking this religiously for the last month, and I have noticed a difference in the strength of my nails, but no difference in the quality of my hair (which is what I really wanted). I give Natrol (the company) credit for putting so many servings in the tiny little bottle, it serves about 120! I had heard so many great reviews about this for hair growth, so I am definitely going to stick with it until I have finished the bottle. The only other down side is the taste! It must be taken with a thick juice or puree in order to consume.
vitacost.com	29-Sep-09	30 ml	Unknown		"Great for skin and joints"
iherb.com	14-Sep-09	60 ct	Texas	Biosil	I bought this to go with Jarrow's formula Bone up. I am osteopenia and need supplements to prevent further bone demineralization
allnutri.com	4-Sep-09	30 ml	Alabama	Belinda	I've ordered Biosil for and online retailer today. I look forward to the results shared by your previous clients. Currently I have dry brittle, easily breakable hair and then fingernails that are quite soft and also easy to break. I will get back to you after a couple of months and let you know how it does. Thanks...
iherb.com	19-Aug-09	60 ct	New York	Biosil	I NOW HAVE FINGERNAILS THAT GROW AND DON'T TEAR

Swanson	18-Aug-09	30 ml	Unknown	Stonger hair and nails	"I've been using this product for 10 years and notice a difference in the strength of my hair and nails as long as I use it regularly (once a day). It also claims to reduce fine lines and wrinkles and I believe it helps. I'm 46 and people always comment that I have no wrinkles. The liquid biosil goes down easier when I mix it with orange juice rather than water. But either way I wouldn't be without it."
iherb.com	18-Aug-09	60 ct	Colorado	I love Biosil	I used Jarrow until they discontinued the product. I do notice that BioSil makes a difference in my hair & nails (for the better)
iherb.com	11-Aug-09	30 ml	Australia	Biosil	I find product very good for strengthening hair and nails and hopefully bones- I have used for 2 months now and have found improvement in nail strength.
iherb.com	5-Aug-09	30 ml	California	Great Product- Great Company	I purchased this product to help thicken up my hair which had gotten thinner due to an illness. I've only been on it for 3 weeks and I can tell that my hair is much fuller. Also my nails are growing and seem stronger. No side effects and quick results, I will continue to take this product. As for iHerb they are wonderful as always. Great prices and SUPER SUPER fast shipping. Thank you iHerb!!!
iherb.com	5-Aug-09	30 ml	Missouri	Great for my hair	Going through menopause, my hair was falling out and my nails breaking easily. I bought this and put the drops in a gelatin capsule and swallowed since it tastes VERY bad. I use the capsules on vacations (since they are more convenient), but they don't seem to work as effectively. Now my nails are stronger and grow longer as well as loosing less hair.
iherb.com	4-Aug-09	30 ml	California	Stonger fingernails	I had been using Biosil for quite awhile and noticed my fingernails were very strong. I stopped using it for a few months and my fingernails became noticeably weaker. So, I am now using it again regularly and my fingernails are again strong. This really works!
iherb.com	4-Aug-09	60 ct	Connecticut	Biosil	I use BioSil along with Calcium for my bones. That combination was recommended to me by a naturopath doctor. I have taken BioSil for less than six months, so it is still a bit too soon for bone improvement to show. But I have noticed that my fingernails are a lot stronger and my hair is much more healthy since using BioSil. I also have no side effects from taking this supplement

Vitamin Shoppe	2-Aug-09	60ct	Unknown	Pros: Quality, Satisfaction	I have been using BioSil for about 2 months now and I can see the difference in my hair and nails. Love this product and would recommend!
Swanson	2-Aug-09	30 ml	Unknown	Hard as nails	"Great product. I've used two bottles so far, and have noticed a big difference in the thickness and hardness of my fingernails. I haven't had a bone scan, but if my nails are harder I think it must be doing my bones some amount of good! The taste is just fine mixed with juice. 'Seems like a pricey supplement, but if I notice a difference.....'"
iherb.com	9-Jul-09	30 ml	New York	This works	BioSil works. Within a few days my skin began to look radiant, my hair fuller, my nails rock hard and my joints less painful. Also, since I started this I've been falling and staying asleep with ease. If all these external changes are evident so quickly, one can only wonder what internal changes are also taking place? Like many of you I take lots of supplements, and who knows what they do, with this, the only one I've added recently, you can really tell the difference. I now look and feel at least a decade younger than I am.
iherb.com	7-Jul-09	60 ct	Utah	Stong nails, thicker hair	I take one every other day with 5 mg Biotin, by Jarrow.
iherb.com	6-Jul-09	30 ml	New Zealand	NOTICEABLE DIFFERENCE	Great product. Remarkable different in my fingernails and hair.
Swanson	2-Jul-09	30 ml	Unknown	I like Biosil	"Three of us in our family use BioSil and we like the results on our hair and skin. I will know if it helps my bones this fall when I do my bone index."
iherb.com	2-Jul-09	30 ml	Singapore	For hair improvement	Looks like a lot of fine new hair sprouting on the scalp. Hope that the hair will grow long and thicken
iherb.com	1-Jul-09	30 ct	New Jersey	Nails are stonger	Too soon to tell but I noticed after a couple of weeks taking this, my nails are stronger.

iherb.com	28-Jun-09	30 ml	California	Biosil	nothing to add - 5 stars as advertised nail and hair quality are great - I can see that improvement - hope it's also helping my bones - which I can't see :)
iherb.com	24-Jun-09	60 ct	New Jersey	I like it	Take the Veggie Caps not the liquid(it does not taste good), it makes a difference, your nails, hair are much nicer and thicker
iherb.com	9-Jun-09	60 ct	Florida	Makes a difference	My nails are much stronger. I love it that they don't break and are all the same length. Haven't taken it long enough to see collagen and hair strenthening results. I stopped taking in the past and my nails started weakening so I will continue to take this product.
iherb.com	6-Jun-09	30 ml	Illinois	Amazing	My nails are much stronger and I just hope the same goes for my bones.
iherb.com	2-Jun-09	60 ct	Singapore	Great product!!	Cure my dry eyes problems because I'm wearing contact lens.
iherb.com	29-May-09	30 ml	Hawaii	This product actually works!	Don't know how I ever got by without this product. I had a problem with my hair falling out (from the root) and feared I would soon look like my bald husband. Not pretty! Started using Biosil (along with Biotin) and the fallout has stopped. According to my hairdresser, I have lots of new growth. Amazing, this stuff saved the day. Another plus is my nails are growing longer and stronger. They have always been thin and frail...but now I actually have lovely long nails. I find the liquid is much less expensive than the capsules and works better for me. Yes it does taste awful unless you put it in juice, but its a small price to pay for the results. I buy the capsules for when I am traveling. I have no idea why Biosil works, but I'm just thrilled with it. Buy it you won't regret it.
iherb.com	16-May-09	30 ml	Japan	Recommend	This product is great. It has strengthened my nails as well as dramatically improved my rosacea. Will probably use forever
herbsmd.com	16-May-09	30 ml	Unknown	Love this product	This product really works for me. I have been using Biosil for a long time before using Biosil my fingernails were peeling & now after using this product they were so soft. I now have long and strong fingernails. It also helps me to have a soft & healthy skin.

herbsmd.com	16-May-09	30 ml	Unknown	Great product	I m so surprised with the result of Biosil. It gives result to me within 2 weeks after taking this. It makes my skin soft & roughness and dryness nearly gone. I love this product.
allnutri.com	15-May-09	30 ml	California	Rhonda	I am amazed with the results of Biosil. I am in love with the look and feel of my skin, my nails are stronger as well. I have only been taking Biosil for about a month now, my hair is stronger and does not shed anymore, the first two weeks I noticed how soft my skin was, softness you can't imagine like a baby's bum! I',m a customer for life! Thanks Biosil!!!!
iherb.com	8-May-09	30 ml	Michigan	Works so far	Seems to work but tastes horrid. You absolutely need to put this in juice to get it down your throat. I'm using it to replace a glucosamine formula I was using. I haven't been on it very long but seems to be keeping my knee pain down.
vitacost.com	2-May-09	60ct	Unknown	Good for skin, great for hair	"I have noticed clearer skin with consistant use and I've been told my hair feels thicker and is shinier! I've heard with continued use of Silica products your pore size will shrink also, so we shall see...."
iherb.com	1-May-09	30 ct	California	Natrol, Biosil works the best!	Biosil worked the best for me to grow my nails, keep my long hair shiny & my skin glowing! I order a 6 month supply at a time! I no longer have to hide behind fake nails! LUV this product!
DAB Nutrition w/ Amazon.com	20-Apr-09	30 ct	Unknown	Gotten Compliments- Must be Working!	I'm not a great judge of my own hair, especially when it comes to its state of health, but since I've been using this (1-2 capsules a day), I've received several compliments on how healthy my hair looks...one of them from my hairdresser. She asked me what I was doing differently. I have fine hair and between hair dryers and coloring, it tends to become dry and I get breakage. If I use a separate conditioner (as opposed to a 2-in-1 single product), I end up with clumps of hair falling out...and I've tried many different brands. So it's nice to find something that seems to be encouraging growth rather than loss.
Vitaminlife w/Amazon.co m	17-Apr-09	60 ct	Texas	Great for skin	I usually try to keep my pill taking to a minimum, but this is one that I always take. It says to take 2 pills a day, but I get by with only 1. It makes my skin look much younger and smooths out alot of wrinkles. Im in my mid-thirties, and people always say I look mid-twenties. I have actually stopped taking this on occasion (when financially challenged), and regret it every time. Wrinkles come back and I start looking a little closer to my age, blech. I definitely recommend at least trying these pills. Then if they're not for you, heck send them to me.

Swanson	14-Apr-09	30 ml	Unknown	Love the effectiveness	"I am really impressed as to the improvement I have experienced with my hair with this product. There is definitely a lot more life to it after using this product twice a day for 3 months. I can barely taste the drops even when I put them in just water. I suppose that the intensity of taste may vary from person to person... So, if you want to give the liquid a try, it may be worth it, considering that you get so many more servings out of the liquid than you do with the capsules."
iherb.com	13-Apr-09	60 ct	California	HEALTH NUT	GRETA PRODUCT AND SUPER PRICE!
NYE w/Amazon.com	8-Apr-09	30 ml	Hawaii	Great product!!!	<p>This product is a miracle. My hair had been falling out in gobs and I tried everything on the market to stop it. I am a woman and had horrible nightmares about waking up one morning and being as bald as my husband (some men look good bald, but for a woman, it's definitely not pretty!) I went to dermatologists and internists, but the cause was never resolved. I tried Rogaine for women, then rogain for men (which did help a bit), special shampoos, change of diet, massive doses of vitamins...but still woke with more hair on my pillow than on my head. My current dermatologist suggested trying Biosil and/or Biotin. I took both. The results were amazing. The fallout ceased within a few weeks. I was thrilled! Later, I thought I might try going off the biosil/biotin to see if it might have been a temporary ailment caused by stress, diet, or just bad luck. Big mistake... the fallout came right back. So I will likely stay on the biotin/biosil combo forever. I don't want to take any chances...its not worth the trauma being bald. It takes a few weeks to get in your system so start as soon as you notice any unusual hair loss. And as a side benefit, my nails have grown longer for the first time in my life.. and my skin actually looks better too. Unexpected benefits. I do believe the liquid formula is absorbed faster than the capsules and is much cheaper in the long term.</p> <p>But the capsules are good for traveling and definitely more convenient. Be warned...the liquid does taste awful, but now I take it with mango juice and can't taste it at all. Try your favorite heavily flavored cold beverage. Experiment. Biosil is definitely worth a try if you find yourself with a hair loss problem. Highly recommend this product and the Biotin as well. Do go to a doctor first, as there may be another underlying cause that you may want to eliminate first. Good luck!</p>
iherb.com	26-Mar-09	30 ml	Norway	Love it	I love it!

iherb.com	26-Mar-09	60 ct	New York	Quality product	I'm still on my first bottle, and I have noticed a difference in my skin. I suffer moderate acne and even though its supposed to help those with wrinkles, I've noticed its cleared my skin a bit. I think I would have to take this a while longer to notice a difference in my nails and hair. Good product and worth the money!
iherb.com	23-Mar-09	30 ml	Texas	Ramono512	not tasty (like an iodine), but it help us!
iherb.com	21-Mar-09	60 ct	California	Natrol Biosil	This is an excellent formula for folicle stimulation and it really seems to get hair and nails growing healthy fast!
iherb.com	10-Mar-09	30 ml	North Carolina	Great stuff	I noticed a difference in my face within a few days and my nails have defintly gotten stronger. Can't tell on the hair yet, but maybe if I remembered to take it every night! I do get in at least one dose daily though. I have been taking the New Chapter Super Critical Omega 7 also and both seem to work extremely well together. Will continue taking both!
iherb.com	5-Mar-09	30 ml	Taiwan	Biosil from Natrol	Excellent activated Silcon for our body. Easy to take it with pure Pomegranate organic fruit juice(I like Lakewood's products)
iherb.com	5-Mar-09	60 ct	New York	Great product	I started taking BioSil in veggie cap form in May of 2008 for my skin and hair and I will say overall my skin and hair does look better, I do see a slight difference.
iherb.com	3-Mar-09	30 ml	Tennessee	Lasts long time	Only need five drops a day. My mom takes Biosil along with boron, calcium, magnesium and vitamin D for her bones. She fell at church last month and nothing was broken so hopefully is working. She is 70.
iherb.com	28-Feb-09	60 ct	Colorado	Hair and Nails	I have been using this product for two months plus. I have yet to see any real difference in my hair or nails. I do have a borderline thyroid problem which could be part of the problem. My skin isn't as dry.
Vitamin Style w/ Amazon.com	28-Feb-09	60 ct	Florida	Great product	I have noticed that my hair become much fuller and I have very FINE hair.
herbsmd.com	25-Feb-09	30 ml	Unknown	Biosil really works!!!	I am on it for a while now and my facial skin has really improved, it is less rough and the dryness feeling is nearly gone, Therefore I want to know if others have also noticed improved skin texture with Bio-Sil?
iherb.com	16-Feb-09	30 ml	California	Customer service	I think your service is wonderful. I received my order from you the very next day. Your prices are great too. I will definetly recommend you to friends and family.

iherb.com	12-Feb-09	30 ml	California	E. Lambdin	This product is body- ready. I believe that it has helped with my skin and joints. Its a good one and easy to use.
iherb.com	10-Feb-09	30 ml	Great Britain	Natrol Biosil	Excellent...I give it 5 stars!!!
iherb.com	6-Feb-09	60 ct	Texas	This product is great	This is the best product I have used for healthy hair growth. As a thyroid patient, hair loss is a major concern so anything that promotes hair growth is a plus. My skin also improved while taking this. I have fewer wrinkles at age 50 than I did at age 40! I hope you keep this product in abundance so that it is available when needed. I recommend it a lot.
iherb.com	4-Feb-09	30 ml	California	Biosil really works!!!	I love this product!!!!
iherb	29-Jan-09	BioSil Plus	From Texas	Love BioSil	Great product
iherb	27-Jan-09	BioSil Plus	From Taiwan	BioSil	Just take it occasionally,no concrete comments on what's effect it can do.
DAB Nutrition w/ Amazon.com	27-Jan-09	30 ct	California	Amazing Results	I call these vitamins the "Miracle Pill". My hair dresser recommended I take them to make my hair healthier. In addition to healthy hair the most impressive results are in my skin. I model and am an image/beauty consultant and having gorgeous skin is important. I have never had perfect skin but these vitamins have made my skin clear, gorgeous, and beautiful. I highly recommend them!
iherb	26-Jan-09	BioSil Plus	From California	Biosil The Miracle Worker	This has made my hair grow and my nails. I don't know what I would have done if I did not have this.
iherb	24-Jan-09	30 ml	From New Jersey	Marvelous	My skin is glowing, my hair is thick, my nails are strong, I just cannot believe I'm just finding out about this product. Sheeesss. Buy it folks, especially the ladies with FPB like me, you will see the difference this product makes on your hair.
iherb	18-Jan-09	30 ml	From Tennessee	For My Bones	I am hoping that taking 6 gtts/day of this bioactive form of silicon will help prevent or slow the onset of osteoporosis. I take it with soymilk or juice. Taking it straight or with water is not recommended due to the strong fishy taste.
iherb	12-Jan-09	30 ml	From Canada	GREAT PRODUCT	Dr. Sherry Rogers recommends this product in her books and I've found it to be excellent.

iherb	12-Jan-09	30 ml	From California	Natorl Biosil 30 ml	it took months, but my nails no longer split and my nails are really strong now. added bonus is it keeps your face from ageing! i take everyday 12 drops.
iherb	11-Jan-09	30 ml	From Australia	Natrol Biosil, 30 ml	A very good product, I can feel my hair a lot softer already. I think it also helps me sleep better.
iherb	5-Jan-09	30 ml	From Georgia	Natrol Biosil	I have just begun using your product. As of this time I cannot say that it works or not. My friend who recommended this product says it works better than anything she has tried. I'm hoping to see similar results.
iherb	5-Jan-09	BioSil Plus	By Samantha Banbury from Great Britain	strong bones	aches and pains have gone. im very impressed with this product. no more walking around like an old lady!
evitamins	1-Jan-09	30 ml	Kathy Crossman from Searcy, AR USA	Describe yourself: I've been using this product for more than 6 months. I started seeing results or noticing a difference in about at least a month. I think this product taste horrible.	My Review: I have used Bio-Sil for many years and I can't believe how it made my hair and nails grow beautifully and it helped my joints feel not so tight and helped my back especially with stiffness. Because of the taste I recommend putting the liquid in empty capsules that you can get in health food stores. I recommend this product to anyone.
iherb	26-Dec-08	BioSil Plus	From California	Nails and Hair	this stuff seems to help as much as anything
iherb	25-Dec-08	30 ml	From Kentucky	The Best Supplement in The World in Treating Bone And Joint problems	One Of the Best Supplements Of All Time.Needs to be on the Top 100 List.

iherb	23-Dec-08	30 ml	From Ohio	Less wrinkles - really.	I've been using this product for about 3 weeks (10 drops per day). I originally bought it to improve the quality of my hair, which is thin and brittle. I haven't noticed any change in my hair yet, but the improvement in my skin has been dramatic. I was starting to develop those fine, thin wrinkles on my face that cause the skin to look a bit like crumpled tissue-paper. My skin was also very dry and dull. But now the wrinkles are greatly reduced, and my complexion is clear and glowing. I just look much younger. If it works this well on my skin, I can't wait to see what happens to my hair in a couple of months. Highly recommended.
iherb	21-Dec-08	BioSil Plus	From California	BIOSIL BY JARROW FORMULAS	THIS IS A WONDERFUL PRODUCT - ESPECIALLY IF YOU WANT MORE HAIR AND STRONGER NAILS!! A+++++
swansonhealth.com	21-Dec-08	30 ml	Gender: Female	Unpalatable	"Love taking silica. Know it works if I take it. Problem is the drops make any juice yucky leading to me not taking it. I'll be looking into by this brands pill form (has same potency)."
iherb	4-Dec-08	30 ml	From Pennsylvania	tastes bad, but works well	This review may be a bit premature because I've only been using the Biosil for a couple months, but: my nails are growing at an alarming rate (a disadvantage, for me) and my hair already seems to be thicker. Not thicker as in more hair per sq. inch, but each individual strand seems thicker and healthier. This is noticeable primarily near the scalp, so I'm guessing the Biosil must already be affecting the new growth. The clinical studies showed differences at the 5 and 6 month mark, so I'm not expecting overnight miracles, but seeing a small improvement so quickly is nice. The liquid Biosil has a horrendous taste, so I bought the Now Foods empty capsules and take it that way - makes life a little easier.
iherb	3-Dec-08	30ml	By Michael Lichtenstein from Korea, Republic of	hair improvement	It's still too early to tell but I have been told some compliments about my hair looking good these days. So I gotta hand it to biosil considering I never get such comments normally
iherb	1-Dec-08	30 ml	From California	Strengthens Bones	This is a good supplement to strengthen bones.

iherb	1-Dec-08	30 ml	From Nevada	12mg per day. (6 drops upon waking & before bed)	That is the full dose for the greatest benefits. For best bone effects I recommend some other products on Iherb: 1. Natrol Take One (iron-free version unless a "menstruating woman") 2. Source Naturals K2 as "MK-7." One tablet per day. Take half with first & last meal. 3. NOW Magnesium Malate. Two per day. One with first & last meal. 4. MRM Glucosamine Sulfate & Chondroitin Sulfate capsules. Take 3 capsules upon waking on an empty stomach with 8oz of reverse osmosis water. If the supplements mentioned don't work add NOW Black Cherry Vcaps as well. I just put the drops in some NOW empty Vcaps that Iherb sells.
Vitamin Style w/ Amazon.com	23-Nov-08	60 ct	Unknown	Excellent	I had pain in my heels and knees from working in retail for a year, having to stand 9 hours a day, and at the end of the day straighten up the merchandise by squatting, up and down, for at least an hour. I also had chronic back pain. This product cleared up the pain in all three locations. It's also made my hair much shinier (but not visibly thicker).
iherb	13-Nov-08	60-ct	From California	Miracle product,	I started taking these several months ago hopeful but not really anticipating a major difference. Boy was I wrong. I have noticed not only a much clearer complexion, but my gums and nails are much healthier. My hair which was thinning is now fuller. I am quite pleased.
iherb	11-Nov-08	60-ct	By Paula Guthat from Michigan	This stuff works.	It may take a whole bottle to kick in, but I notice the difference in my hair, skin and nails when I don't take it. A good value too.
iherb	11-Nov-08	60-ct	By Paula Guthat from Michigan	This stuff works.	It may take a whole bottle to kick in, but I notice the difference in my hair, skin and nails when I don't take it. A good value too.
iherb	10-Nov-08	30 ml	From New York	Natrol, Biosil	Love it. Keeps your hair, joints and skin in optimal condition. Bought some for my 64 yr old mother who has arthritis in her legs. It helps me and I think it will help her.
iherb	8-Nov-08	30 ml	By Joan Smith from Texas	from Texas	Helps your bones, nails and hair. Visible improvement.
iherb	1-Nov-08	30 ml	From Hong Kong	very effective I can see the results within 48 hours	I can see the results within 48 hours, my fingernails look bright and shiny. When I don't take it for a couple of days they look dull and lifeless. The Biosil under Jarrow's brand was a few dollars cheaper which is the only thing I don't like about this product, but I can't help big business taking over smaller ones which is a trend with banks too.

iherb	28-Oct-08	BioSil Plus	From Georgia	Quick	received my order so quickly that I was able to began my BioSil the very same week. I love the product and will re-order soon...Thanks
iherb	26-Oct-08	60-ct	From Florida	Mrs.	great
Vitamin Style w/ Amazon.com	25-Oct-08	60 ct	Nebraska	Why I love Biosil	This product is amazing. My nails and hair are growing like crazy. I would recommend this to everyone. Thank you.
iherb	22-Oct-08	30 ml	From Texas	biosil	exrays show prommising results from my intetings to stomach.
iherb	16-Oct-08	30 ml	From Georgia	So far so great	So far this product is woking the way i want
iherb	12-Oct-08	30 ml	From Netherlands	Good product	I take it becauase of all the advantages. They say you will experience the affect after a few months so I can't say too much now. But I can tell my pains are really getting less affter using this. But I have to admit I also use MSM and Hyaluric acid. I can also see my nails changing. So I'm curious what the effect will be after a few months. And I really admire iHerb. They have great services and products!
iherb	12-Oct-08	60-ct	By Donald McFarland from California	Excellent Product	My wife has been using this regularly for some time now and has seen excellent results. Highly recommended.
iherb	11-Oct-08	30 ml	From Florida	Natrol, Biosil, 1 oz (30 ml)	Take this for my bones, joints and skin. Use it with Calcium and hope it helps to strengthen my bones. My skin looks real nice.
NYE w/Amazon.com	7-Oct-08	30 ml	Unknown	Side effects	I have allergic reaction when taking Biosil from Natrol. My tongue was swollen and red and I had to stop taking it immediately.

iherb	6-Oct-08	30 ml	By Karen Romesburg from North Carolina	Bone and Skin help	I started taking this about a month ago with the Jarrow Bone-Up an am noticing improvement in my skin and nails. I didn't think I would see nail improvement so soon but I am. I also am taking Jarrow Alpha Lipoic Acid with Biotin x's 1 mth.
swansonhealth.com	2-Oct-08	60-ct	Gender: Female	it worked for me!	"helped skin , hair, and nails!!!!"
iherb	28-Sep-08	30 ml	From Netherlands	Good	Natrol seems to have improved on the taste, taken off the edge of it (the original Jarrow BioSil was much harder to stomach)
iherb	28-Sep-08	BioSil Plus	From Michigan	Great for Hair & Nails	I have noticed my hair and nails grow very fast since I started taking this product.
iherb	27-Sep-08	30 ml	By Karen Cheung from Hong Kong	Excellent product for every lady.	I dont know if I am the few Chinese to try on this product. It also works on me. My skin, hair and nail have all been improved. I love this product, and thanks to the advanced formula that helps to keep my youth from draining!
blog	25-Sep-08	na	Female, Ft Lauderdale, Florida, United States	na	...I got bangs cut last night and it really is funny how different it can make you look (for the better thank God) I was on the fence for quite some time as I was having hair loss around my hair line. But luckily through the use of a great supplement called Biosil it has grown back in nicely.
bupgrade	25-Sep-08	na	female, African American	na	...We bought the 60-day formula and mentally prepared to be scammed. Pushing our desire for results out of our mind in the spirit of patience, we were surprised to realize a few things: (1) the bottle was almost gone, (2) so were our thin edges, and unfortunately, (3) ditto for our previously hairless neck. In its place was a fabulously smooth neck, with some less-than-attractive, and longer than we'd like to admit hairs. In fact, our neck wasn't the only place we discovered covert hair. We'll preserve our image and just say this: after 60 days, we were hooked. Our skin was glowing, our hair was thicker, stronger, and less prone to fall out, and our thinning edges were a thing of the past. We even recommended BioSil to our male friend, in place of Rogaine (it may not work, but at least your skin will be luscious). So we must say, go ahead, buy it and try it. Just make sure to pick up some extra tweezers while you're in the store.

iherb	20-Sep-08	60-ct	From North Carolina	Natrol, BioSil Veggie Caps	I read about this product in a nursing journal. Since I have always had very weak nails and my hair was thinning with age, I decided to try it. Into my first bottle I realized that it was making a real difference. For the first time since I can remember, my nails are not flimsy, but are growing long and strong. My hairdresser noted that my hair is thicker. I'm really amazed at the results.
iherb	9-Sep-08	BioSil Plus	From Ohio	Jarrow Formulas BioSil Plus	I have been using Jarrow's BioSil for about five months now and have noticed that my nails are stronger and my hair seems to be a little weightier. I prefer the pills to the liquid drops, as the liquid can be bitter.
iherb	9-Sep-08	60-ct	From Pennsylvania	Ms.	Since I started taking this supplement my joint pain has gone away! What more can I say, I'm a big fan.
iherb	9-Sep-08	30-ct	By Ariella Seidenberg from California	Natrol, BioSil	A good although expensive product. I have taken the liquid, drop form which is certainly cheaper.
iherb	8-Sep-08	30 ml	From California	It Works!	I have been using this product for three months now and I really think it is working. My hair feels stronger and my nails have definitely been growing faster. I am also taking this product for my joints. I have less pain in my knees and I have not changed my routine or added other supplements, so I believe Biosil is making a difference.
iherb	2-Sep-08	60-ct	From California	A Great Way to Get Silicon - And Strong Bones	I find these very convenient to take. I'm sure that my bones will benefit.
DAB Nutrition w/ Amazon.com	2-Sep-08	30 ml	New York	Who doesn't want thicker, stonger and longer hair?	Bio Sil, does exactly what the label says it should. Within a short period of time I noticed that my hair was shiner, then thicker and stronger with lasting effects. Try it, you won't be sorry you did.

iherb	1-Sep-08	30 ml	From North Carolina	Makes your hair grow fast	everything will grow faster with this
iherb	29-Aug-08	60-ct	By Lanna Diederick from California	biosil	love it.
iherb	28-Aug-08	BioSil Plus	From Oregon		But I wish the small bottle of liquid was available - it is much more cost effective!
evitamins	28-Aug-08	30 ml	michelle from Denver, CO USA	Describe yourself: I've been using this product for more than 6 months. I started seeing results or noticing a difference in about about 2 to 4 weeks. I think this product taste horrible.	My Review: I have been using Bio-Sil Liquid for at least one year and without it my fingernails are in terrible shape, peeling and splitting. With it they are so much better. I love this product, but the taste is awful, unless you drink it in lemonade, believe me I have tried it in almost everything, and nothing hides the taste like lemonade, you can't even taste it.
iherb	28-Aug-08	30-ct	By Samantha Banbury from Great Britain	fab	very good product. skin is looking brighter. sadly not going to be the results of a face lift but nevertheless not bad.
iherb	26-Aug-08	30 ml	By Linda Johnston from Oregon	Linda	Trying this to see if it will help my bones regenerate new cells.
iherb	26-Aug-08	BioSil Plus	By JUDY HANAUER from California	GREAT SERVICE	I was so pleased with the service and professionalism of Iherb. It's the first time I have purchased from them, having heard about it from my daughter's mother in law. It was efficient and very speedy with e mail updates as to the arrival date and shipping. I will always do business with them. Judy H. Beverly Hills
iherb	26-Aug-08	60-ct	By Edwin Delgado from Puerto Rico	Excellent	Excellent product, you can see your nails, skin and hair get better in just a week.

iherb	23-Aug-08	60-ct	From Minnesota	Recommended for skin elasticity	My doctor recommended this formula to regain skin elasticity and Natrol's was the most affordable.
iherb	21-Aug-08	30 ml	By Lori Bennett from Pennsylvania	Excellent Product - Results Amazing	I had no idea that this product would work so well. My nails are growing by the day! I've just noticed that on the front of my hairline I have a lot of new hair growth - short hair that's coming in since I began using Biosil over a month ago. After having my hair highlighted recently, I'm already seeing new growth quickly, and the overall condition of my hair has improved greatly! I won't stop using this product!
evitamins	6-Aug-08	30 ml	Toni Tidwell, Arizona, USA	Describe yourself: I've been using this product for between 1 and 3 months. I started seeing results or noticing a difference in about at least a month. I think this product taste horrible.	My Review: After 6 weeks on BioSil Liquid, I could not believe the difference in my skin. It is silky, satiny and so soft. I have even noticed that a deep wrinkle in my face seems to be lessening some. My nails are growing faster and healthier. My hair seems to be thicker and have more body to it. I'm really taking it for my bones, so I'm sure it's doing something in that area with all the other progress I am seeing. In juice, I barely notice the awful taste, but even so, it is still worth it.
iherb	2-Aug-08	30 ml	By Clint Cookingham from West Virginia	Biosil,	Of the supplements for bones and cartilage, probably the least known, least expensive, most bio available breakthrough. Also easy to use - 5 drops in juice. The package info insert is impressive.
iherb	31-Jul-08	60-ct	By Neil Struharik from Missouri	Good stuff, good price.	After a few weeks, there is a truly noticeable difference in my skin and hair. I recommend it.
iherb	29-Jul-08	60-ct	By Samantha Banbury from Great Britain	Sam	very good product. skins looking better.

iherb	25-Jul-08	30 ml	From Georgia	Natrol Biosil,	I have only been using the product less than a month so it is too soon to know if I have benefitted; however, I am getting low and plan to reorder soon. My daughter and I are sharing a bottle. I must say that I was warned that the taste would not be favorable. We tried it in cranberry juice, apple juice and finally orange juice. We both agree that orange juice is the winner, hands down. On one occasion, I had the unfortunate opportunity to take it with water; no juice available. It was a lasting memory, so juice is always available.
evitamins	19-Jul-08	60-ct	MJ from Pittsburgh, PA, USA	Describe yourself: I've been using this product for between 1 and 3 months. I started seeing results or noticing a difference in about at least a month. This	My Review: BioSil is a great product. I have been taking the product twice a day with meals. It was recommended to me by a top dermatologist in Pittsburgh, Pa. Give the product at least 1-3 months to work. There is actual published research out there that this product does work. I love it!
iherb	17-Jul-08	30 ml	From North Carolina	Best absorption rate on the market,	Terrific---it is more than Biosil I was taking before.
iherb	16-Jul-08	30 ml	From Kansas	Biosil	Very convenient form to take with any liquid.
iherb	16-Jul-08	30-ct	From Louisiana	natrol,biosil,30 veggie caps	i have been using for one month, it has started to help mine nails to strenghten.
iherb	14-Jul-08	30 ml	From New York	Victor	excellent

iherb	13-Jul-08	30 ml	From Texas	Biosil works for me	I have used this product for several months. I am 54 and a weekend athlete. I use it to relieve general aches in my knees from workouts and runs. I am not nearly as stiff when I use it, but if I forget to use it the second day I of not using it I really notice it in my knees and shoulders.
evitamins	13-Jul-08	60-ct	LORI R, from Loveland, CO USA	Describe yourself. I've been using this product for between 1 and 3 months. I started seeing results or noticing a difference in about 2 to 4 weeks. This product has no	My Review: Biosil is fantastic! I have always had a hard time growing my nails. I have tried just about everything. Usually they would grow a little in the summer. After taking Natrol's Biosil for exactly one month (30 days), my nails are strong, healthy and growing and growing and growing! My skin also looks smoother and healthier. My skin also looks smoother and healthier. I think it's miraculous!
iherb	5-Jul-08	30 ml	By Barbra Woodin from New Hampshire	Works around your eyes too!	I haven't been taking it long enough to see results from internally ingesting it, but out of curiosity I put some around my eyes and I swear the wrinkles are less and my skin seems firmer!
iherb	1-Jul-08	30-ct	By Samantha Banbury from Great Britain	SAM	fabulous product. i have the liquid drops in morning and take a capsule in the evening... a total of 10mg daily. this is what works for my skin and hair.
iherb	28-Jun-08	30 ml	From Michigan	Dana	Works well.
iherb	23-Jun-08	30 ml	From California	Nails are stronger!	I've been taking this for about a month and it has made a difference to my weak nails.
iherb	19-Jun-08	30 ml	By Kristi Brausch from Utah	I really like it	I've been taking this for a few weeks and my skin looks amazing!

NYE w/Amazon.com	19-Jun-08	30 ml	New Jersey	AWESOME product!!!	My sister told me about biosil a few months ago. She had been having problems with hair breakage and hair loss due to a bad perm. She tried a lot of different products and supplements and found that biosil was the only one that worked for her. She also said that her skin was brighter and her nails were longer. Now my sister has ALWAYS had beautiful nails so that tidbit of info didn't really say much to me but, the hair and skin really did. I decided to try some because like her, I had problem hair and skin but unlike her, my nails would NEVER grow. It's been a month now and though I haven't seen any real difference in my skin, I have seen GREAT results with my hair and nails. My girlfriends are always asking me if I'm wearing an extension piece because it seems like my hair is longer every time they see me. Perhaps I have to keep using it a little longer to notice anything in my skin but as the old saying goes, two (hair & nails) out of three (hair, nails, & skin) aren't bad.
iherb	18-Jun-08	30-ct	From Kentucky	THE BEST FOR BONE DISEASE	MY WIFE HAS BONE AND JOINT PROBLEMS AND IT HAS HELP HER GREATLY.IT HEALED HER BODY THANK YOU IHERB A FIVE STAR PRODUCT.
iherb	14-Jun-08	30-ct	From Oregon	It does promote hair growth	I bought this product to promote hair growth. It seems to be working. It might be helping my skin and nails, but I take other products for those as well so the effect is harder to notice, if any. But my nails and skin look great. Only potential downside is that it does promote hair growth all over the body, not just on top of the head.
iherb	14-Jun-08	30-ct	From Florida	works	I have used this for several months and it has really helped my hair and nails. I have a chronic disease which causes me to lose my hair this product helps slow down the and strenghten the hair. Makes it look healthier and brings new growth. The price at IHerb is amazing! its less than half of what I pay everywhere else. Highly recommend.
iherb	11-Jun-08	30-ct	From Arizona	Good, but overpriced for what you get?	I take this for my hair and nails. I loved Nature's Way, Silica Original, but it is no longer made which is a shame, because for the price and effect, Nature's Way was the tops. I think my nails certainly benefit from BioSil, but not as much as they did from the Silica Original.
iherb	8-Jun-08	30 ml	From Illinois	Nails and Hair	I didn't see results until several weeks had passed. However, I now have nails that don't chip, break or peel and my hair is actually thicker and growing.
iherb	5-Jun-08	60-ct	From California	Excellent for overall tissue health!	I started using this under the Jarrow label while recovering from a broken leg. I would not go without it now. I believe it to be beneficial to overall tissue health. I am a 55-year-old male and I think that this product is helping me to feel and look younger.

iherb	3-Jun-08	60-ct	From Utah	Best Quality	This helps decrease my joint inflammation.
iherb	23-May-08	30-ct	From Florida	My little beauty secret	After about a week of taking 1 per day you will likely see results. Ladies, this is a beauty secret for you to share with girlfriends, daughters, sisters, and whoever else would like to see a healthier, more beautiful appearance. What a blessing!
iherb	23-May-08	30-ct	From Illinois	good stuff	I could see positive results in my face in just three days after using BioSil
iherb	23-May-08	30 ml	From Oregon	:)	been taking this for 1 week, twice a day, 5 drop each time into the plain water. however i couldnt tell the difference yet. will continue to try to see if my nails will grow healthier. :)
evitamins	23-May-08	30 ml	Anonymous, Houston, TX USA	Describe yourself: I've been using this product for between 1 and 3 months. I started seeing results or noticing a difference in about about 2 to 4 weeks. I think this product taste is tolerable.	My Review: I cannot believe BioSil Liquid. After about 3 weeks of continued use, my skin has improved a thousand percent. I just became firmer all over. My hair is thicker. The ridges on my nails have started to smooth out. Anyone who is looking to take their beauty/health regime to the next level needs this product.
iherb	21-May-08	60-ct	By Donald McFarland from California	Excellent Product	My wife has been using this product for several years now and is very happy with it.
iherb	18-May-08	30 ml	From Hong Kong	Jarrow Formulas, Biosil Liquid Silicon, 1 oz (30 ml)	After having taken this for 2 months, my hair is now thicker and grows faster than before.
iherb	12-May-08	60-ct	From Great Britain	excellent price and service	i am extremely pleased with this product having seen it on a major orthopaedic website as beneficial in situations where bones are healing slowly after fracture. i am hoping to see good results at my next hospital appointment. service from i herb is excellent, fast delivery and it is half the price of the cost of buying this product in the uk

iherb	8-May-08	30-ct	From Georgia	Jarrow Formulas, BioSil, 5 mg, 30 Veggie Caps	I have only been using the BioSil Veggie Caps for less than one month, but my hair dresser said that my hair is holding more moisture. For me that is huge. I really can't see anything other than that for now as I did indicate that I have not been using the pills but less than a month and only digesting one pill a day. Thank you.
iherb.com	7-May-08	30 ml	By victor stevenson from United States new york	victor	excellent product
iherb.com	2-May-08	30 ml	Georgia	BioSil	Have taken this before and liked it then. Of course you cannot beat the price here at lherb.
iherb.com	29-Apr-08	30 ml	Hawaii	BioSil	You'll notice healthier nails--very strong. I've never had problems with my nails, but when they'd get to a certain length, some would start to split. That has improved. My main concern is hair loss, and like many other reviewers have noted, I have noticed regrowth.
iherb.com	23-Apr-08	30 ml	By Phyllis Chaplik from United States New Jersey	Excellent Product	Keeps my joints pain-free
iherb.com	16-Apr-08	60-ct	By Patricia Johnston from United States CO	strong nails	This works! My nails no longer chip and break
iherb.com	15-Apr-08	30 ml	Miss M Mason Great Britian	Miss M Masson	Not taken the product for long enough to see the benefits yet but I do think it is great value for money.
iherb.com	14-Apr-08	30 ml	Texas	have to try it	way better than any hair/skin/nails formula, I won't be without it. The regular store runs out of it. But lherb doesn't offer a discount on it at all (in my area I found it the same price). At least I wouldn't have to pay tax if I bought it here?
iherb.com	10-Apr-08	30 ml	Florida	Jarrow BioSil Silcone	This has worked very good for me, love it.
iherb.com	9-Apr-08	30-ct	Texas	Excellent	Been taking this for about 3 months now, and my hair is much thicker and more lustrous. My nails have stopped splitting and are shinier too.
iherb.com	3-Apr-08	30 ml	California	Easy to take	I am taking this with Jarrow SAME as recommended. I feel that it is working.

amazon.com	24-Mar-08	60-ct	Dawn Walker	It Is The Cure For Hairloss	I have been using this product for three months and my nails and hair have never looked better. I lost a lot of hair after a surgery I had in August 2007 and was thinking that it would never grow back. My wellness center recommended it and sure enough, it really works!!!
iherb.com	19-Mar-08	30 ml	New Mexico	Assimilable	Very assimilable and designed to be taken in conjunction with Jarrow's Bone-Up products.
iherb.com	15-Mar-08	30 ml	AZ	Good stuff	It seems to help with skin, hair and nails!
iherb.com	15-Mar-08	30-ct	MN	BioSil	Works as advertised.
evitamins	13-Mar-08	30-ct	Anonymous, Minnesota	I Love It	I don't know if BioSil will work for thinning hair problems for everyone. But I can provide a testimonial regarding the benefit for some. I starting using it after my thinning hair started causing two problems: fewer hair follicles and hair breakage. I grew up with curly red hair. Hair loss has also been a problem in my family. I now suffer from it worse than others. Mine was thinning. It would fall out in the sink or on my clothes when I brushed it or ran my fingers through it. And I didn't even think of this as being one of the main problems, but the hair in front was shorter than the back. It wouldn't grow much past eight or nine inches. I tried various combinations of vitamins and supplements and saw no big difference. I tried one of those specialty shampoos. I think it just dried my hair out and made it look thinner. After taking the BioSil, I noticed a difference. The biggest difference is that the hair in the front is the same as the back for the first time in several years. I see the little hairs coming in around the front. And I see sprouts that are a few inches. But overall my hair is the same length and I don't have hair in the sink or on my clothes. That all tells me is that the hair that is growing in is no longer breaking! And that's really important. It's still not quite as thick as I'd like it. But I know it's helping. It's not getting worse and I think it's slowly getting better. I just wish I'd started using it sooner!!!
iherb.com	8-Mar-08	60-ct	New York	Jarrow Formulas, Biosil	excellent

iherb.com	6-Mar-08	60-ct	By Jean Marie Lescohier from United States CA	Silicon	I've had horizontal ripples in my thumbnails for about 6 years. My American doctor (wonderful person) thought it was from serious stress (like almost dying in the hospital, which I never did, or came close to). My supplements pal suggested it, so we doing a 6 month trial, which won't hurt me & if you look at the literature/research you'll see that it'll make my skin, nails, hair, & bones all improved. It's been 2 months (I take 2 a day) & I've already seen a marked change in my thumb nail beds, but I've a scientific reticence & want to see the full effects of 6 months.
iherb.com	29-Feb-08	30-ct	PA	BioSil by Jarrow	Have been using for about a month. Product has helped to strengthen nails. Seems to work even better than a Biotin supplement for the same purpose!
iherb.com	6-Feb-08	30-ct	WA	it works	my nails are grow nicely
iherb.com	5-Feb-08	30 ml	MO	LOVE THIS STUFF	I have used this product before in the past and was having trouble finding it once I moved to St. Louis. I found it online here and was ecstatic to have it once again. This is a product I will not remove from my regimen ever again.
iherb.com	2-Feb-08	30 ml	Texas	excellent stuff	title says it all
iherb.com	1-Feb-08	60-ct	Japan	my nails like it	Whenever I stop using this, my fingernails 'dry out'. It's not cheap, but I try to keep taking it periodically.
iherb.com	31-Jan-08	30 ml	NC	This product WORKS	This product has been wonderful since day 1. My back pain has subsided and may be healing from an injury 20 years old. My nails and hair have grown longer and my skin is brighter. I take it everyday without fail and will reorder more.
iherb.com	29-Jan-08	30 ml	KY	Great Product!!!	Great product!!! Really works - have been using since September and can tell big difference in the thickness of my hair.
iherb.com	28-Jan-08	60-ct	Texas	Beautiful hair	Much impressed by the improvement Biosil has made in the texture of my hair and skin in the few months I've been taking it.
iherb.com	22-Jan-08	30 ml	By carol chase from United States tn	great	I've been taking Biosil for 3weeks and can already tell a difference in my hair and nails. Growing strong and quickly.
iherb.com	19-Jan-08	30 ml	PA	BioSil	Seems to have improved my hair, skin and nails...especially nails.

iherb.com	18-Jan-08	30 ml	California	erika lund	excellent
iherb.com	18-Jan-08	30 ml	California	I use this with my other Osteoporosis supplements	Many authorities believe Silicon is helpful in an Osteoporosis program and this is one of the best sources for Silicon
iherb.com	18-Jan-08	30 ml	By Hans R. Jost from Singapore	No more broken nails	since of it's regulary use, I have no more brocken nails.
iherb.com	15-Jan-08	30 ml	California	Hair	Stops my hair from falling out.
iherb.com	5-Jan-08	30 ml	California	Magical product!	I have been losing my hair for the past 3 years. My nails were breaking. I started noticing improvements in less than a week. My hair stopped falling and my nails are stronger than ever!
iherb.com	5-Jan-08	60-ct	California	Long term use	Also use this for nails (also hair and skin). Keeps my nails in good condition for playing guitar.
iherb.com	4-Jan-08	30 ml	Texas	African American Hair - WORKS!!!!!!	My daughter and I have been using this product for 4 months now and we have seen great results as far a hair growth and skin texture goes. We have African American hair and we have seen faster hair growth rate and the texture has improved greatly. Our hair feels more moisturized and silky. We take 10 drops per day in the morning on an empty stomach; this along with Biotin and MSM does it for us. We are very pleased with this product and will continue to reorder.
iherb.com	2-Jan-08	30 ml	By Linda McGraw from United States Minnesota	Liquid Silicon	I have only been using this since October. It takes some time to see results
iherb.com	2-Jan-08	30-ct	Linda McGraw from Minnesota	Silica Veggie Caps	Haven't started using is, but if it's like the drops is should be good.
iherb.com	1-Jan-08	60-ct	AZ	C. Wilson	I am very happy with the product. Plan to continue to use it
iherb.com	30-Dec-07	60-ct	California	Nails looking better	Have been taking this for the last few months and my nails no longer have vertical ridges. I'm now giving it to my husband to see if it will help his nails. Will keep you posted.
iherb.com	27-Dec-07	30 ml	Canada	jarrow formulas biosil liquid	good
iherb.com	26-Dec-07	30 ml	NH	a great product	I am a classical guitarist, 54 years old. As I have aged my fingernails have begun to get splits and ridges. This product seems to increase the thickness of the and strength of the nail. Because of the slow growth of nails, it took several months before I could begin to see a difference. I have been taking this product in this form for about three years with no ill effects

iherb.com	25-Dec-07	30 ml	By Graciela Meibar from United States CA	Graciela	Great service! Thank you
iherb.com	25-Dec-07	30 ml	California	much better value than the capsules	For about \$5 more than a 30 day supply of the capsules, you can get a 100 day supply of the liquid. Silicon is an important mineral and does wonders for hair, nails, & skin.
iherb.com	20-Dec-07	30 ml	By Patricia Carey from United States DC	Bought this based on rave reviews here...	... and am happy to report that I've seen positive results in approx. 3 weeks, in that my curly/coily hair doesn't seem to shed as much during styling, and my nails are growing stronger. I use quality beauty products and am permanently adding this to my regime.
iherb.com	19-Dec-07	30 ml	Washington State	Service, products & prices	Appreciate your service and great prices....Thank you
iherb.com	18-Dec-07	30 ml	Nevada	Biosol review	Results are apparent early in the use of the product
vitacost.com	18-Dec-07		Baboo, female		"I had my doubts that lack of silicon caused weak nails but using Biosil for six months has proven me wrong. I've had a nail with a lengthwise split for at least 15 years and it has "healed" more than 50%. I expect it to disappear in about as much time. Easy to administer in 1/3 cup fruit juice without much taste."
allnutri.com	17-Dec-07	30 ml	James, Maryland		took biosil, it is the best for elasticity of bones, joints, connective tissue, hair, skin, nails, mucous membranes and arteries. After using biosil i got amazing result. I cant explain, my hair, skin and nails are amazing.. nails got stronger, make my hair shinier and very silky. I am very happy with Biosil it is great, i recommend to all you guys who want to nail strong and shiny hairs use this product. Thank you JARROW BIOSIL.
Swanson	17-Dec-07		Male born between 1933&1945 Azusa CA	Great item	"I really like this supplement and have been using it everyday. I have been using it for several years."
herbsmd.com	15-Dec-07		Anonymous	biosil works	I got this postpartum because I lost so much hair and I'm seeing all this regrowth and baby hairs around my hairline. There is so much less shedding. I do think my skin is firmer too. It's crazy but it seems to work. I'd take 10 drops a day though (the dose is 6 drops).

vitacost.com	8-Dec-07		Female 35-44 yo	Excellent Product	"My 70 year old mother has been using the Biosil drops for about 4 weeks (6 drops per day) and my 50 year old sister for about 2 weeks (10 drops per day). Low and behold a great surprise for them both. Their varicose veins were quite numerous and bulging are now flat are significantly smaller. If we knew this was going to happen I would have taken pictures of their legs. My mom still has a few that are still raised, but they are much smaller than before and my sister's are all flat, but the color of the veins still show. I will take pictures and track the progress of their skin condition over the next few months. I don't have any varicose veins on my legs but I have embarrassingly large veins on my 36 year young hands that make them look old. They are much smaller now. I will send an update on our results. Can't wait to see what it will for our hair and nails, which is the main reason for buying it. I just ordered more for them, myself and a friend. I am spreading the word. If I hadn't seen it for myself I probably would not have believed it. This product is truly AMAZING!!!"
bodybuildingfor you.com	7-Dec-07	30 ml	Michelle from Hollywood Florida	Jarrows Bio Sil	It does taste like nasty fish, but it is so so amazing.. I cant explain, my hair, skin and nails are amazing.. try it.. you must be consistent though...
iherb.com	6-Dec-07	30 ml	By David Alexander from United States CA	Thickens hair, good for nails	My hair got very thick, even coarse, after taking this product for a years. Since hair grows at about 3/4" a month, it takes a while to see the difference in your hair. I had split nails that no longer split. Most surprising to me was that I had a pinky toenail that grew back after being gone for many years.
herbsmd.com	6-Dec-07		Kelley	wow..i love it	i bought a bottle and my nails are long, they never grew long and strong, and now its like wow, i have nails, i can't believe it, my skin glows and my hair is growing faster, it works, i reccomend this to everyone
	5-Dec-07		Female 45-54	Definate improvement	"I have noticed a definate improvement in my nails and hair. My nails are no longer peeling and my hair doesn't seem to be breaking off as much. So far very good!"
iherb.com	30-Nov-07	30 ml	Canada	I'm too young for bone problems	I have osteoporosis and will benefit from this product.
iherb.com	26-Nov-07	30 ml	California	said to be a good bone strengthenner	I have no idea whether this product does what it claims to do. It tastes awful but if I mix it into a small amount of water with some vitamin c powder it's fine. I take it in the hope that it's effective! Don't know how many stars it deserves.

vitacost.com	24-Nov-07	30-ct	MB50		"I started taking Biosil mainly to improve the quality of my hair. I had been experiencing hair loss and breakage. After taking this product for 8 or 9 months, I saw no difference in the hair loss or breakage. Therefore I can only assume it did not assist in making my hair any stronger. I have, however, noticed that my hair is growing at a faster rate than before."
iherb.com	23-Nov-07	30-ct	CA	have only been taking it a short while	Even though I've only just started, the research on this is solid and convincing, and I do believe I'm already seeing some results. Definitely and important part of my regimen.
iherb.com	23-Nov-07	60-ct	AZ	BioSil	my hair is showing improvement
vitacost.com	23-Nov-07	30-ct	55-64 yo Female	It Works!	"My nails have never looked so good, strong too."
iherb.com	8-Nov-07	60-ct	New York	Seems to really work on brittle hair	Biosil appears to help my daughter's brittle hair condition without the nasty taste of the liquid drops.
iherb.com	7-Nov-07	30 ml	MI	Beth	Have only used a couple times. Not sure of it yet.
vitacost.com	7-Nov-07		MexCal' Mexico City Female 45-54		"Buy capsules, tastes horrible although works great."
iherb.com	6-Nov-07	30 ml	California	BioSil	I notice there is skin improvement around my nails, although not much. For me, it works slowly (it's been two weeks now), so I need longer time to see real good result and be patient.
vitacost.com	4-Nov-07		Teee	Works for me	"I take this in conjunction with Natures Way Hair Skin formula. The two together have given me clearer skin, more manageable hair and nice nails."
iherb.com	3-Nov-07	60-ct	California	BioSil Veggie Caps	More convenient than the liquid BioSil.
iherb.com	2-Nov-07	30 ml	Wisconsin	product	Excellent product
iherb.com	1-Nov-07	30 ml	California	Biosil Works Super	Excellent product, really helps better my health.
iherb.com	31-Oct-07	30 ml	Texas	Really works on weak nails	I have weak nails and this drop formula has caused my nails to grow stronger; I use it everyday. While a topical nail coat strengthens temporarily, this actually fixes the problem from the inside out. Just add the drops to juice daily because in water alone they are slightly bitter.
iherb.com	31-Oct-07	30-ct	CA	I Prefer Tablets Over Liquid	I take one of these every day to help build and maintain good bone mass. I prefer the tablets over the liquid.

iherb.com	29-Oct-07	30 ml	Alabama	Joint Popping and Gout	This has made a huge difference. No more joint popping. My knuckles don't pop very easily even when I attempt to do it purposely. I feel "lubed" and have noticed increased strength in my knee and other joints. No inflammation since started taking even with lifting weights and cardio. It is one of the top 5 things in my health arsenal.
iherb.com	26-Oct-07	30 ml	By Gina Merritt from United States Illinois	Awesome product	I highly recommend this stuff. It has made a huge difference in my hair and nails. In fact, my hairdresser has started recommending it to other people.
iherb.com	26-Oct-07	30 ml	NC	Excellent product	Excellent results. My skin is changing, it has more life. The pain in my knee almost has disappeared in only 15 days approximately of being taking it. I'm taking 10 drops per day.
iherb.com	25-Oct-07	30-ct	Gerald Burns, Illinois	Great Product!	This stuff is the best. It makes your skin, hair, and nails look like a models. Take it on a regular basis.
vitacost.com	25-Oct-07		Jaylene	Great anti aging product	"I would recommend putting the drops in a a gelatin capsule instead of mixing in water...the taste is awful; however, I have heard that this product is very effective for improvements in skin elasticity and I am just beginning to notice the results."
iherb.com	24-Oct-07	30 ml	KS	Biosil	My fingernails are stronger and I don't have achiness when I wake up in the mornings.
iherb.com	24-Oct-07	30 ml	California	Love This Product	My joints are feeling really good after taking this for four months. I think my skin looks better also, so I will continue to take this product daily.
iherb.com	23-Oct-07	30 ml	Maryland	My nails are hard for the first time in my life	Biosil is one of the few things I've used in my life that I have seen results with very quickly. Biosil in combination with L-Proline has made my nails hard as a rock and my connective tissues are strong. The reason I know it works is because when I stopped taking the two together my nails reverted back to being their flabby and scaly selves.
iherb	23-Oct-07	BioSil & L-Proline	Maryland	nails and connective tissue	This [L-Proline] along with Biosil has made a profound change in my body. My ankles always felt spained and my nails were soft and scaly. After taking l-proline along with biosil my ankles have become very strudy and my nails are hard as a rock. I know this stuff works because when I stop using them the old symptoms come back with in a week or so.
iherb.com	18-Oct-07	30 ml	Hawaii	Discrepancy	Product arrived w/in five days of placing the order. I haven't ingested product for a long enough period of time to give a review of the product. However, the package says, "5 drops per serving", and the bottle says, "6 drops per serving".

iherb.com	15-Oct-07	30 ml	Texas	OWNER	THANK YOU FOR YOUR SERVICES, I THINK IS FAST, AND MADE ME SAVE MONEY
iherb.com	11-Oct-07	30-ct	MI	Highly Recommended	Biosil is highly recommended for skin, hair and nails.
iherb.com	10-Oct-07	30 ml	California	LOVE IT!!	This is a great product, I have seen a great improvement in my hair....which never looked healthy because of my hypothyroidism. My nails are becoming stronger, even my back pain from a herniated disc has subsided! Will stay on this product!
vitacost.com	8-Oct-07		Robison	I love this stuff	"My husband and I have been taking Biosil for a few months. We learned about it from Sherry Rogers - author of "The High Blood Pressure Hoax". It is wonderful and does all the things the other reviewers have said. I have always had very fine hair and since taking the Biosil, it feels thicker and is growing in places it seemed thinnest. My nails are beautiful as well. Do put it in juice because those 6 little drops have a powerful flavor. I will send this product to family and friends as a gift. I know they will be hooked, too."
vitacost.com	1-Oct-07		29Carats	100%	"Wonderfu product. I purchased this product to help with joint pain and it does seem to be working."
vitacost.com	15-Sep-07		Gloria female 35-44 California	Great Deal	"I've purchased this product outside of Vitacost about a year ago and it cost me over \$30.(retail). I wasn't very consistent in taking it until the past few months and now I am noticing hair growth in the front where I was thinning. My hair dresser noticed it as well and asked me what I was taking. I purchased a bottle for my mom who has thinning hair as well(you could see her scalp). You could barely see her scalp. I can't get over how much more hair we both have. Even though you believe your cursed through hereditary don't give up, give this a try."
allnutri.com	6-Sep-07	30 ml	Jillian, Florida		BioSil restored my hair and nails dramatically. My nails got stronger and the white dots disappeared, My hair stylist was amazed, I have been recommending biosil to all freinds and family.
vitacost.com	31-Aug-07		Rachelle		"I initially purchased Biosil for my thinning hair. It ended up eliminating my hip joint pain that kept me from my walks. Now I walk every day with no hip joint pain. I'm a believer!"
vitacost.com	19-Aug-07		Opinionated1	Need to give it a little more time	"My beautition told me to get this for thinning hair and brittle nails. I am using this product for the first time - my nails have improved and I am waiting to see if my hair will get thicker."

NYE w/Amazon.com	12-Aug-07	30 ml	Unknown	Nails longer and stonger	It's been a month now and though I haven't seen any real difference in my skin, I have seen GREAT results with my hair and nails. My girlfriends are always asking me if I'm wearing an extension piece because it seems like my hair is longer every time they see me. Perhaps I have to keep using it a little longer to notice anything in my skin but as the old saying goes, two (hair & nails) out of three (hair, nails, & skin) aren't bad.
iherb.com	31-Jul-07	30-ct	California	Amazing Nails	Have been using for 6 months and nails are unbelievably strong. Seems to have helped knee problems from ACL injury.
allnutri.com	20-Jul-07	30 ml	MojoRunner, CO		I started taking BioSil to prevent bone loss as I have Osteopenia. But a very nice BIOSIL side benefit is that I noticed a wonderful change in my life tone after about 2 months on the supplement.
vitacost.com	18-Jul-07		DaisyChain	Terrific Product	"I am *very* impressed with the benefits of BioSil and have been recommending it to my family and friends. BioSil is largely responsible for keeping me out of joint pain. A welcomed side effect is healthier, prettier skin! Since it tastes nasty, I put three drops in a tablespoon of liquid Twin Lab Amino Fuel, which camouflages the taste."
vitacost.com	21-Jun-07		Aesthetician	A lifesaver product	"I am so happy to read the other reviews raving about this product, because I've been using it for years and seeing amazing results for everything from hair and nails, to joints and stretch marks. It's great stuff. My method of use is to buy empty capsules and drop the liquid in there in the recommended dose, close the capsule and swallow. It's a slightly more time-intensive and much more palatable way to take this, as it's not a pleasant flavor at all."
iherb.com	20-Jun-07	30 ml	Great Britain	Bucks the trend...	If you're anything like me, you've probably spent several hundred dollars (if not more) on supplements over the years, only to discover that three-quarters of them appear to make little or no discernable, tangible, difference to your health, despite the claims of the manufacturers. I am very pleased to say that, for me, Biosil is a very notable exception to this trend. This stuff works. I'll say it again: THIS STUFF WORKS! I have close-shaven hair (about 1/8" long) and because of this, it is readily apparent to me when my hair has changed because any difference in stiffness makes it much harder to run my hand over. Whenever I stop using Biosil for a few weeks and then return to it, the difference in strength of my hair is quite startling. I highly recommend this product if you suffer from silicon deficiency (most people do), and I also suggest you look into Kervran's book 'Biological Transmutations', which is hard-going but discusses the concept of transmutation of minerals. While this concept has yet to garner widespread acceptance, there is good sense behind it and it points to the possibility that silicon can be used by the body for many purposes other than those directly pertaining to silicon in its basic form. That Biosil makes silicon so abundantly-absorbable for the body, only adds to its potential.

vitacost.com	14-Jun-07		Eudora	fantastic joint support	"I've been taking Glucosamine, Chondroitin, and MSM for many years...I have horrible knees. I bought an old house with three flights of stairs (what was I thinking?), and was having extreme knee pain that was keeping me up at night. I started using this product in tandem with the others and I CANNOT believe the difference. No joint pain, not even when hanging off a ladder most of the day painting the old house. This is clearly a nutrient that human bodies need and we are not getting in our food supply. I follow Dr. Perricone's (7 Secrets...) guidelines for dosing."
Amazon.com	27-May-07		Eric Blair "namaste" USA	This stuff is amazing!!	Biosil will make your hair shinier and your nails grow faster. I think my hair is thicker when I take it. I also started taking MSM. Great product!
NYE w/Amazon.com	27-May-07	30 ml	USA	This stuff is amazing!!	Biosil will make your hair shinier and your nails grow faster. I think my hair is thicker when I take it. I also started taking MSM. Great product!
vitacost.com	19-May-07		Fuffy from Las Vegas Female 55-64	BioSil helps	"I feel Biosil has helped with my nails and hair."
vitacost.com	18-May-07	60-ct	nani	seeing is believing	"So often we take supplements on faith,based on emerging medical findings,never sure what if anything it's actually doing for us.Not so with this product.Several months after taking it daily my skin hair and nails were all quite visibly improved."
vitacost.com	11-May-07		nonilass	Bio-sil	"I have noticed a great improvement in my nails. Before using Bio-sil my nails were somewhat clear, bent easily, and have vertical ridges. The ones in my thumbnails being very distinct. Yesterday I noticed that the deepest and widest valley between the ridges is smoothing out, my nails look white and are stiffer, and bend without breaking as easily or tearing. My front upper teeth have been somewhat transparent from halfway down, for many years, and are now filling in. The only complaint I might mention is that it is not the greatest tasting liquid, but minerals tend to be that way, so drink it in strong juice or a flavored protein drink, etc."
vitacost.com	11-May-07	60-ct	nonilass	My Mom	"I bought this for my 81 yr old mother to use, knowing she would not like the taste of the liquid. She has noticed her nails being in better condition and her hair texture improving. I bought it more for her bone density to increase, but until it is checked I can't report on it."

vitacost.com	1-May-07		ellygrl	Biosil works wonders!	"I slammed my finger in my car door and my fingernail became bruised, discolored, separating from the nail plate. My doctor suggested BioSil 6mg per day, the liquid one. Since taking this product, my nails and hair are growing so much faster. My "bad" fingernail is healing and growing a new stronger nail! This stuff is bitter. I found that orange-tangerine juice works best. I put 6 drops in my glass and pour about 1-2 ounces of juice in the glass and drink it like a shot of liquer. Then I pour a full glass of juice and chase it with that. I have the BioSil bottle next to the coffee maker so I remember to take it everyday while I wait for the coffee to brew! This stuff is wonderful!!!!!"
vitacost.com	25-Apr-07		JacquieK	It works	"This is the 3rd bottle I have purchased because I have been so impressed w/ the results. I'll definitely continue to buy it & recommend it. People compliment my fingernails & my youthful appearance!"
vitacost.com	20-Apr-07		emilee from O'Donnell TX, Female 45-54	Helps my nails	"Since I have started using Biosil my nails are much healthier. I've never had good fingernails but Biosil has really helped."
allnutri.com	9-Apr-07	30 ml	Doreen Kelliher, Washington DC		I started taking BioSil to prevent bone loss as I have Osteopenia. But a very nice BIOSIL side benefit is that I noticed a wonderful change in my skin tone after about 3 months on the supplement. My skin was much firmer and toned looking, BIOSIL especial
iherb.com	4-Apr-07	30 ml	By TIFFANY JAMES from CAMDEN (United States)	GREAT PRODUCT	MY HAIR WAS STUNTED FOR THE LONGEST TIME. AS SOON I STARTED TAKING BIOSIL MY HAIR STARTED TO GROW AN AT A FASTER RATE.....
iherb.com	31-Mar-07	30 ml	Austin (Texas)	Tendonopathy	After being misdiagnosed by my physician, I looked up my symptoms on the internet and found out that what I had was tendonopathy and not tendonitis. Anyway, for weeks I couldn't move my thumb accross the palm of my hand, after only one week of taking biosil I notice a dramatic improvement, 3 weeks later I had full movility of my thumb. Thank you Biosil!!!
iherb.com	24-Mar-07	30 ml	from Carthage (United States)	Greate for hair	A few weeks after I started taking this my small bald spot on my head was gone & now my hair grows faster & thicker than ever before.
iherb.com	21-Mar-07	30-ct	Colorado Springs	Super for Hairs & Nails	I can already see a difference in the growth rate of my hair and nails. I am hoping my next bone density test will show an improvement too. I will follow-up on this.

allnutri.com	23-Feb-07	30 ml	Smith Rivers, NY		Joint pain and strong bones require many things, proper diet, exercise and additional supplements for bones care. Biosil is the right solution for the problem having all necessary ingredients including the "Silicon" which is essential for bones and joint care.
vitacost.com	22-Feb-07		sassy	Joint care	"Helped with lubricating my joints for increased flexibility."
iherb.com	14-Feb-07	30 ml	New York	Outstanding Product	I've been using BioSil for approximately one year and have found a tremendous difference in the length and strength of my hair and nails. Colleagues, Friends and woman at the Hair/Nail Salon/Spa are always complimenting me on my nails, hair and skin. I would recommend the product to everyone. I've actually purchased it for others so they may benefit from the mineral. After having utilized artificial nails for many years and thinking my nails would never grow it is amazaing to see long, strong, beautiful nails all the time. Don't hesitate...based on unbelief! Sincerely, JDR
vitacost.com	14-Feb-07	30-ct	Swann	BioSil works fantastic	"I have used Jarrow Formulas BioSil for nearly two years. My initial thought when I purchased this product was the same as other products that make unbelievable promises..."if it sounds to good to be true it probably isn't". In this case...it is true. I had been experiencing a tremendous amount of hair breakage and loss. My nails were thin and would never grow to any length without breaking. After taking BioSil my hair starting growing in areas that had been "bald" for quite a long time, even my hairdresser noticed. Now after using the product for such a long time my hair is thicker, shinier, and grows at a tremendous rate, than it ever has been in my 43 years of life. No need for artificial nails as my own are now strong and long. I am a lifetime customer of this product and order multiple packages at once so I never run out, as I have found with the popularity of the product I don't want to take any chances of running out. I have recommended this to my friends and family after they starting noticing the difference in my hair."
iherb.com	5-Feb-07	30 ml	By JoAnn Pankow from Purcellville (United States)	Stronger hair & nails	Helped my hair,which was thinning & nails are stronger
iherb.com	2-Feb-07	30-ct	Auckland, New Zealand	Connective tissue strengthener	From taken this product, the first thing noticed is an improvement of nail strength. Skin condition and joint strength has also improved.
iherb.com	25-Jan-07	30 ml	from Bloomington (United States)	Biosil	A noticeable improvement in hair, skin and nails as well as joints when combined with the Jarrow Glucosamine and Chondroitin MSM combination.
iherb.com	23-Jan-07	30 ml	By Lee Brandt from Oceanside (United States)	Biosil liquid	This is a fabulous product for the entire body, joints, hair, nails and I am sure other parts as well. I take it every morning without fail.

herbmark.com	19-Jan-07		withheld		BioSil...so far so good! this product definitely works.I've been using BioSil for 6 months, My nails and cuticles are healthier as a result.I have been recommending this to freinds and family.
herbmark.com	10-Jan-07		Howard		BioSil restored my hair and nails dramatically. My hair stylist was amazed by the new BioSil wonderful texture and strength of my hair. My nails and cuticles are also healthier as a result.BioSil I have been recommending this to freinds and family.
curezone.com	2-Jan-07		maria41		I had an old bottle of Biosil in the cupboard. I started taking it in November and since then my hair has amazingly grown a lot ! Has anyone else tried this ?
herbmark.com	26-Dec-06		Howard		i take BioSil. BioSil ...so far so good! Taking BioSil was the only thing I did differently.
herbmark.com	17-Dec-06		max hicks		i have used BioSil. BioSil best for elasticity of bones, joints, connective tissue, hair, skin, nails, mucous membranes and arteries. BioSil is a stabilized, concentrated Orthosilicic Acid.
herbmark.com	17-Nov-06		alone		I started taking BioSil to prevent bone loss as I have Osteopenia. But a very nice BIOSIL side benefit is that I noticed a wonderful change in my skin tone after about 3 months on the supplement. My skin was much firmer and toned looking, BIOSIL especially noticeable on the face. I won't know if BIOSIL helped with bone mass until my next bone density scan, though. But worth it for the skin benefits.
NYE w/Amazon.com	9-Nov-06	30 ml	New York	Good Stuff!	I started taking BioSil to prevent bone loss as I have Osteopenia. But a very nice side benefit is that I noticed a wonderful change in my skin tone after about 3 months on the supplement. My skin was much firmer and toned looking, especially noticeable on the face. I won't know if it helped with bone mass until my next bone density scan, though. But worth it for the skin benefits.
iherb.com	15-Oct-06	30-ct	Concord (USA)	stronger nails	I noticed much stronger nails after 1-1/2 months. Can't tell if it is doing my hair any good yet. Will keep using Biosil to see as my hair grows out.
iherb.com	3-Oct-06	30 ml		Our son's alopecia	No way to no for sure, but my wife is convinced this is what has finally started our 4 year old's hair to finally start growing back, after over a year of being completely bald.

evitamins.com	6-Aug-06	30-ct	Donald Holmes, Toronto Canada	I Love It	I began using BioSil in February, 2006. My nails were always flaking (peeling) and the big fingernails would curl like a talon if they got the least bit long. I saw no visible results before eight weeks time, but today all my nails are strong, even, and do not peel. I am now on my second bottle of BioSil and am thoroughly satisfied with the product. It tastes like fishwater, and that is the only drawback for me.
iherb.com	30-Jul-06	30 ml	from Danby (United States)	Biosil drops	This product has improved my nails 100%. I add it to my liquid calcium in the evening. I highly recommend it. You see results within a week!
vitadigest.com	28-Apr-06	30 ml	Eve Balembois, Los Angeles		All I can say is, when I use this product, I have no joint aches and pains. When I stop, slowly but surely the aches and pains return. I have been using this on and off for about four years now. I can tell you life is much less painful when I am on it. It also seems to improve my hair, skin and nails. I love this stuff!!! This is the best price I've seen it listed at anywhere. I've been paying about \$25 a bottle at Whole Foods!! Now you know why I go off of it. Now I can afford to stay on it, yeah!!!
herbsmd.com	15-Apr-06		tash	it works!!	ive been using biosil for about 8months now and it really works. My face is clear, my nails are long and ive noticed the most results in my hair, it grew twice its length
bodybuildingfor you.com	9-Apr-06	30 ml	Bill Weinert from Evansville	Biosil	it tastes like sh** but it really works. My nails got stronger and the white dots disappeared.
vitadigest.com	8-Jan-06	30-ct	Betty, Washington DC		has done wonders for my hair - strands are thicker. skin tighter for a 60+ woman. less aches in joints. looking to help with osteoporosis on next bone scan.
amazon.com	21-Nov-05		Eliana T Anderson	great source of silicon	I started taking BioSil to help get my hair stronger and healthier. It is amazing how fast you begin to see and feel improvement. I felt mostly on my hair and skin, the results might vary for each individual. The taste of BioSil starts getting a little strong once the bottle is opened. I now drink it with juice or soda to dissipate the taste. But even though the taste is not my favorite, it is worth taking since the results are fast and great!
herbsmd.com	9-Nov-05		Anonymous	oneday	My mother and I are on our third bottle of BioSil and it is wonderful. She's 87 and is looking a bit younger because there are now less wrinkles. I've notice my hair has grown longer and stronger. My skin is nicer too.