

## A review of the effects of dietary silicon intake on bone homeostasis and regeneration.

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### Abstract

**OBJECTIVE:** Increasing evidences suggest that dietary Silicon (Si) intake, is positively correlated with bone homeostasis and regeneration, representing a potential and valid support for the prevention and improvement of bone diseases, like osteoporosis. This review, aims to provide the state of art of the studies performed until today, in order to investigate and clarify the beneficial properties and effects of silicates, on bone metabolism.

**METHODS:** We conducted a systematic literature search up to March 2013, using two medical databases (Pubmed and the Cochrane Library), to review the studies about Si consumption and bone metabolism.

**RESULTS:** We found 45 articles, but 38 were specifically focused on Si studies.

**CONCLUSION:** RESULTS showed a positive relationship between dietary Si intake and bone regeneration.