

Supplementary

Anti-Aging Effects of Monomethylsilanetriol and Maltodextrin-Stabilized Orthosilicic Acid on Nails, Skin and Hair

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Table S1. Baseline results for the dermatological parameters evaluated (multispectral imaging and transepidermal water loss). Comparison between the groups to check for homogeneity of sample.

Parameter	G1		G2		G3		F (p)
	M	SD	M	SD	M	SD	
Red area – R	41756.35	7398.38	39125.76	9204.29	38271.94	19285.85	0.329 (0.721)
Red area – L	38419.29	8033.34	35358.65	9586.40	40483.94	14245.42	0.944 (0.396)
Red area – F	33962.59	9759.56	31589.35	8665.64	34898.59	15694.70	0.356 (0.702)
Eyelashes length – R	42.18	16.25	38.29	13.84	36.88	16.01	0.538 (0.587)
Eyelashes length – L	37.14	15.90	34.65	15.99	38.00	11.35	0.243 (0.786)
Eyelashes length – F	47.18	12.72	41.65	12.82	42.88	6.93	1.148 (0.326)
Spots – R	39358.94	9008.01	35901.47	5751.52	35715.29	16284.29	0.566 (0.572)
Spots – L	38254.65	9080.07	37320.47	7298.21	40800.35	8234.28	0.813 (0.450)
Spots – F	41937.35	8592.38	39695.06	6963.32	41390.29	5932.03	0.443 (0.645)
Brown spots – R	58542.29	5668.04	58377.06	11192.25	53697.35	21126.87	0.639 (0.532)
Brown spots – L	55316.82	6616.44	54892.76	10874.69	54801.06	15869.45	0.009 (0.991)
Brown spots – F	53291.24	7172.91	55120.71	10759.19	50331.88	19559.21	0.542 (0.585)
UV spots – R	27050.59	6605.23	27147.71	12774.88	32081.71	8587.49	1.505 (0.232)
UV spots – L	25962.53	8796.87	27769.06	12877.50	32401.94	7510.48	1.878 (0.164)
UV spots – F	23475.82	7646.17	36379.71	48899.26	28357.35	9926.93	0.850 (0.434)
Porphyrins – R	15635.76	8094.53	10457.82	6524.24	13313.00	9459.81	1.736 (0.187)
Porphyrins – L	15107.06	8038.14	10102.82	6556.81	12553.00	9739.14	1.577 (0.217)
Porphyrins – F	17762.53	10101.32	12862.88	9388.12	14830.35	11370.74	0.970 (0.386)
Pores – R	14579.59	5448.62	11367.29	3447.09	15161.65	8409.41	1.897 (0.161)
Pores – L	13587.00	5158.29	11626.29	4155.85	16372.88	5642.07	3.832 (0.029)
Pores – F	14867.76	5286.52	12884.00	3784.35	16228.76	6287.47	1.764 (0.182)
Wrinkles – R	36563.65	9335.65	37431.53	9068.66	30450.82	13946.98	2.029 (0.143)
Wrinkles – L	33306.88	7966.99	35583.35	11389.06	53348.47	84482.21	0.838 (0.439)
Wrinkles – F	12019.12	13011.18	16231.35	14292.87	17827.35	13093.75	0.843 (0.437)
Texture – R	17953.88	11911.35	15417.18	8476.24	19749.76	10117.76	0.765 (0.471)
Texture – L	16747.41	10558.86	15336.71	8484.45	19714.00	9573.36	0.925 (0.403)
Texture – F	15730.47	10505.77	17604.65	16163.73	26554.00	37648.58	0.954 (0.392)
Truskin Age® – R	49.76	8.53	47.88	7.34	52.47	8.29	1.388 (0.259)
Truskin Age® – L	47.71	7.61	46.53	8.18	53.12	8.05	3.321 (0.045)
Nail hydration – hand	13.76	17.67	2.32	9.58	9.05	13.42	2.886 (0.066)
Nail hydration – foot	30.76	10.93	32.97	8.96	33.16	14.08	0.138 (0.872)
Eyelashes volume – R	50.00	10.09	48.76	13.98	47.47	8.25	0.223 (0.801)
Eyelashes volume – L	47.24	16.00	51.00	6.58	46.53	8.29	0.801 (0.455)
Eyelashes volume – F	49.88	16.27	48.12	14.31	44.53	13.96	0.571 (0.569)

R = right face. L – left face. F = frontal. M = mean. SD = standard deviation. G1 = control (placebo). G2 = treated with maltodextrin-stabilized orthosilicic acid (SiliciuMax® capsules). G3 = treated with Monomethylsilanetriol SiliciuMax® Liquid.

Table S2. Baseline results for the hair mineral analysis. Comparison between the groups to check for homogeneity of sample.

Element	G1		G2		G3		F (p)
	M	SD	M	M	SD	M	
Ag	0.000	0.000	0.000	0.000	0.000	0.000	-----
Al	3.957	3.637	5.337	4.497	6.817	4.424	1.413 (0.257)
As	0.007	0.010	0.023	0.050	0.097	0.310	0.813 (0.452)
B	0.000	0.000	0.000	0.000	0.000	0.000	-----
Ba	3.499	3.122	1.525	1.636	2.348	1.645	2.473 (0.099)
Be	0.000	0.000	0.000	0.000	0.000	0.000	-----
Bi	0.002	0.008	0.000	0.000	0.120	0.263	2.421 (0.104)
Ca	123.431	116.521	45.245	39.248	74.826	61.435	3.165 (0.055)
Cd	0.017	0.021	0.034	0.059	0.049	0.116	0.494 (0.614)
Co	0.016	0.014	0.014	0.013	0.014	0.009	0.109 (0.897)
Cr	0.140	0.161	0.128	0.113	0.233	0.192	1.735 (0.191)
Cu	16.808	5.219	24.447	19.149	22.342	12.076	0.972 (0.388)
Fe	8.632	3.169	9.317	3.033	10.788	2.898	1.693 (0.199)
Ge	0.000	0.001	0.001	0.003	0.007	0.013	2.583 (0.090)
Hg	0.371	0.407	0.612	0.561	0.809	1.103	0.971 (0.389)
K	13.452	22.498	2.410	3.567	17.169	23.033	2.251 (0.120)
Li	0.533	0.723	0.611	1.143	0.246	0.715	0.632 (0.538)
Mg	145.086	137.028	39.660	31.204	61.375	55.918	5.283 (0.010)
Mn	0.768	0.640	0.937	1.261	1.032	1.068	0.200 (0.820)
Mo	0.034	0.010	0.036	0.011	0.073	0.083	2.476 (0.099)
Na	87.784	168.317	5.288	3.184	76.912	167.243	1.370 (0.267)
Ni	0.295	0.332	0.186	0.107	0.185	0.095	1.218 (0.308)
P	190.645	24.514	192.140	15.157	204.730	33.886	1.161 (0.325)
Pb	2.600	7.944	0.360	0.462	0.532	0.872	0.989 (0.382)
S	67959.904	4711.552	67837.239	6231.041	71825.726	3657.106	2.778 (0.076)
Sb	0.013	0.017	0.035	0.074	0.073	0.229	0.542 (0.586)
Se	0.568	0.190	0.674	0.149	0.650	0.191	1.136 (0.333)
Si	74.174	44.130	80.067	45.283	78.268	30.037	0.067 (0.935)
Sn	0.797	1.192	0.220	0.289	0.497	0.816	1.453 (0.248)
Sr	7.247	7.018	2.322	2.322	4.014	3.546	3.578 (0.039)
Te	0.000	0.000	0.000	0.000	0.000	0.000	-----
Ti	0.189	0.350	0.160	0.095	0.336	0.367	1.353 (0.272)
Tl	0.000	0.000	0.000	0.000	0.000	0.000	-----
U	0.008	0.005	0.010	0.005	0.009	0.007	0.420 (0.660)
V	0.035	0.059	0.021	0.011	0.023	0.011	0.665 (0.521)
W	0.104	0.069	0.068	0.047	0.281	0.432	2.458 (0.100)
Zn	178.920	36.916	181.969	29.312	176.067	53.065	0.068 (0.935)
Zr	0.055	0.032	0.048	0.023	0.111	0.188	1.178 (0.320)
Rb	0.031	0.053	0.004	0.015	0.039	0.060	1.996 (0.151)

M = mean. SD = standard deviation. G1 = control (placebo). G2 = treated with maldextrin-stabilized orthosilic acid (SiliciuMax® capsules). G3 = treated with Monomethylsilanetriol SiliciuMax® Liquid.

Table S3. Transonychial water loss results from foot and hand nails.

Group	Time	Foot		Hand	
		Difference of means	p	Difference of means	p
G1 (n=17)	T0 xT3	32.26	<0.001	-23.80	0.005
	T0 x T5	30.50	<0.001	-24.70	0.001

	T3 xT5	-1.76	1.000	-0.87	1.000
	T0 xT3	31.87	<0.001	-32.03	<0.001
G2 (n=17)	T0 x T5	26.18	<0.001	-28.76	<0.001
	T3 xT5	-5.69	0.086	3.27	1.000
	T0 xT3	32.56	<0.001	-23.19	0.001
G3 (n=17)	T0 x T5	32.56	<0.001	-24.72	<0.001
	T3 xT5	-1.002E-013	1.000	-1.54	1.000

G1 = control (placebo). G2 = treated with SiliciuMax® capsules. G3 = treated with SiliciuMax® Liquid.

Table S4. Comparison of the dermatological parameters evaluated (multispectral imaging) between pre- and post-testing. Non-significant results.

Parameter	Factor	F	p
<i>Spots – R</i>	Time	0.55 (1.58 – 56.76)	0.54
	Group	0.66 (2 – 36)	0.52
	Time x Group	0.62 (3.15 – 56.76)	0.61
<i>Spots – L</i>	Time	0.84 (1.0 – 36.61)	0.38
	Group	1.38 (2 – 36)	0.26
	Time x Group	1.05 (2.03 – 36.61)	0.36
<i>Spots – F</i>	Time	1.90 (2 – 72)	0.16
	Group	1.34 (2 – 36)	0.27
	Time x Group	0.31 (4 – 72)	0.87
<i>Brown spots – R</i>	Time	0.84 (1.05 – 37.97)	0.37
	Group	1.13 (2 – 36)	0.33
	Time x Group	1.26 (2.11 – 37.97)	0.30
<i>Brown spots – L</i>	Time	1.51 (1.18 – 42.51)	0.23
	Group	0.43 (2 – 36)	0.65
	Time x Group	0.88 (2.36 – 42.51)	0.44
<i>Brown spots – F</i>	Time	1.31 (1.01 – 36.37)	0.26
	Group	1.20 (2 – 36)	0.31
	Time x Group	1.33 (2.02 – 36.37)	0.28
<i>Red areas – R</i>	Time	0.67 (1.45 – 52.22)	0.47
	Group	1.89 (2 – 36)	0.17
	Time x Group	0.74 (2.90 – 52.22)	0.53
<i>Red areas – L</i>	Time	1.84 (1.07 – 38.69)	0.18
	Group	1.36 (2 – 36)	0.27
	Time x Group	1.45 (2.14 – 38.69)	0.25
<i>Red areas – F</i>	Time	1.30 (1.05 – 37.93)	0.26
	Group	1.57 (2 – 36)	0.22
	Time x Group	1.07 (2.11 – 37.93)	0.35
<i>Porphyryns – R</i>	Time	1.37 (1.10 – 39.50)	0.25
	Group	0.12 (2 – 36)	0.88
	Time x Group	0.70 (2.19 – 39.50)	0.51
<i>Porphyryns – F</i>	Time	0.32 (1.12 – 40.04)	0.60
	Group	2.41 (2 – 36)	0.10
	Time x Group	0.99 (2.24 – 40.04)	0.39
<i>Truskin Age® – R</i>	Time	0.02 (2 – 72)	0.98
	Group	1.04 (2 – 36)	0.36
	Time x Group	2.02 (4 – 72)	0.10
<i>Truskin Age® – L</i>	Time	2.11 (2 – 72)	0.13
	Group	1.55 (2 – 36)	0.23
	Time x Group	0.34 (4 – 72)	0.85
<i>Eyelashes volume – R</i>	Time	1.55 (1.54 – 55.52)	0.22
	Group	0.65 (2 – 36)	0.53
	Time x Group	0.38 (3.08 – 55.52)	0.77
<i>Eyelashes volume – L</i>	Time	0.63 (1.65 – 59.48)	0.51

	Group	1.98 (2 - 36)	0.15
	Time x Group	1.41 (3.30 - 59.48)	0.24
	Time	1.53 (1.14 - 40.91)	0.23
<i>Eyelashes volume – F</i>	Group	1.30 (2 - 36)	0.28
	Time x Group	0.09 (2.27 - 40.91)	0.93
	Time	0.73 (1.02 - 36.82)	0.40
<i>Wrinkles – L</i>	Group	0.46 (2 - 36)	0.63
	Time x Group	0.75 (2.05 - 36.82)	0.48
	Time	0.53 (1.25 - 44.98)	0.59
<i>Wrinkles – F</i>	Group	1.55 (2 - 36)	0.23
	Time x Group	0.65 (2.50 - 44.98)	0.56
	Time	0.54 (1.26 - 45.24)	0.51
<i>Texture – L</i>	Group	0.10 (2 - 36)	0.91
	Time x Group	0.80 (2.51 - 45.24)	0.48
	Time	1.13 (1.53 - 55.16)	0.32
<i>Texture – F</i>	Group	0.63 (2 - 36)	0.54
	Time x Group	1.69 (3.06 - 55.16)	0.18
	Time	3.58 (1.21 - 43.48)	0.06
<i>UV spots – F</i>	Group	0.94 (2 - 36)	0.40
	Time x Group	0.65 (2.42 - 43.48)	0.56

R = right face. L – left face. F = frontal. M = mean. SD = standard deviation. G1 = control (placebo). G2 = treated with maldextrin-stabilized orthosilic acid (SiliciuMax® capsules). G3 = treated with monomethylsilanetriol (SiliciuMax® Liquid).

Table S5. Comparison of means for chemical variables (hair mineral analysis), according to groups at zero and five months (T0 and T5, respectively): control group (placebo).

Element	T0		T5		CI (95%)		t (p)	d
	M	SD	M	SD	Minimum	Maximum		
Hg	0.37	0.41	0.29	0.36	-0.09	0.26	1.06 (0.31)	0.22
Li	0.53	0.72	0.56	0.76	-0.06	0.02	-1.27 (0.23)	-0.03
Be	0.00	0.00	0.00	0.00	-	-	-	-
B	0.00	0.00	0.00	0.00	-	-	-	-
Na	87.78	168.32	89.52	170.41	-4.89	1.41	-1.23 (0.25)	-0.01
Mg	145.09	137.03	148.61	139.20	-7.38	0.33	-2.04 (0.07)	-0.03
Al	3.96	3.64	4.10	3.57	-0.36	0.07	-1.50 (0.16)	-0.04
Si	74.17	44.13	73.81	44.04	-0.52	1.25	0.91 (0.38)	0.01
P	190.65	24.51	194.02	27.71	-11.47	4.72	-0.93 (0.37)	-0.13
S	67959.90	4711.55	69080.17	5109.96	-3755.38	1514.85	-0.95 (0.37)	-0.23
K	13.45	22.50	13.63	22.73	-0.56	0.20	-1.06 (0.32)	-0.01
Ca	123.43	116.52	126.58	119.08	-7.05	0.76	-1.80 (0.10)	-0.03
Ti	0.19	0.35	0.19	0.35	0.00	0.00	-1.14 (0.28)	0.00
V	0.04	0.06	0.04	0.06	0.00	0.00	-0.61 (0.55)	0.00
Cr	0.14	0.16	0.14	0.16	-0.01	0.00	-1.12 (0.29)	-0.02
Mn	0.77	0.64	0.78	0.64	-0.03	0.01	-1.06 (0.31)	-0.01
Fe	8.63	3.17	8.75	3.12	-0.39	0.15	-1 (0.34)	-0.04
Co	0.02	0.01	0.02	0.01	0.00	0.00	-1.79 (0.10)	-0.03
Ni	0.29	0.33	0.30	0.33	-0.01	0.00	-1.55 (0.15)	-0.01
Cu	16.81	5.22	17.09	5.28	-0.87	0.30	-1.09 (0.30)	-0.05
Zn	178.92	36.92	181.50	35.04	-9.80	4.63	-0.80 (0.44)	-0.07
Ge	0.00	0.00	0.00	0.00	-	-	-	-
As	0.01	0.01	0.01	0.01	0.00	0.00	0 (1)	0.00
Se	0.57	0.19	0.58	0.19	-0.03	0.01	-0.88 (0.4)	-0.05
Rb	0.03	0.05	0.03	0.05	0.00	0.00	-0.25 (0.81)	0.00
Sr	7.25	7.02	7.42	7.15	-0.37	0.02	-2 (0.07)	-0.02

Zr	0.05	0.03	0.06	0.04	-0.01	0.00	-0.98 (0.35)	-0.06
Mo	0.03	0.01	0.03	0.01	0.00	0.00	-0.86 (0.41)	-0.05
Ag	0.00	0.00	0.00	0.00	-	-	-	-
Cd	0.02	0.02	0.02	0.02	0.00	0.00	-1.15 (0.28)	-0.01
Sn	0.80	1.19	0.80	1.19	-0.02	0.01	-1.06 (0.31)	-0.01
Sb	0.01	0.02	0.01	0.02	0.00	0.00	0.56 (0.59)	0.01
Te	0.00	0.00	0.00	0.00	-	-	-	-
Ba	3.50	3.12	3.59	3.20	-0.21	0.02	-1.84 (0.10)	-0.03
W	0.10	0.07	0.10	0.07	0.00	0.00	-0.22 (0.83)	-0.01
Tl	0.00	0.00	0.00	0.00	-	-	-	-
Pb	2.60	7.94	2.62	7.97	-0.04	0.01	-1.45 (0.18)	0.00
Bi	0.00	0.01	0.00	0.01	0.00	0.00	1 (0.34)	0.01
U	0.01	0.01	0.01	0.00	0.00	0.00	0 (1)	0.00

T0 = baseline. T5 = follow-up at 5 months. M = mean. SD = standard deviation. CI = Confidence Interval.

Table S6. Comparison of means for chemical variables (hair mineral analysis), according to groups at zero and five months (T0 and T5, respectively): group treated with maldextrin-stabilized orthosilicic acid (SiliciuMax® capsules).

Element	T0		T5		CI (95%)		t (p)	d
	M	SD	M	SD	Minimum	Maximum		
Hg	0.61	0.56	0.41	0.51	-0.11	0.51	1.38 (0.19)	0.37
Li	0.61	1.14	0.63	1.17	-0.04	0.00	-1.74 (0.11)	-0.01
Be	0.00	0.00	0.00	0.00	-	-	-	-
B	0.00	0.00	0.00	0.00	-	-	-	-
Na	5.29	3.18	5.27	3.26	-0.11	0.15	0.35 (0.73)	0.01
Mg	39.66	31.20	38.80	30.01	-1.11	2.82	0.95 (0.36)	0.03
Al	5.34	4.50	4.96	4.02	0.02	0.74	2.28 (0.04)	0.09
Si	80.07	45.28	85.18	47.69	-8.68	-1.55	-3.13 (0.01)	-0.11
P	192.14	15.16	189.61	16.99	-3.51	8.58	0.91 (0.38)	0.16
S	67837.24	6231.04	67090.35	8065.32	-1255.37	2749.15	0.81 (0.43)	0.10
K	2.41	3.57	2.45	3.69	-0.14	0.06	-0.88 (0.40)	-0.01
Ca	45.24	39.25	43.96	36.95	-1.05	3.62	1.20 (0.25)	0.03
Ti	0.16	0.10	0.15	0.09	0.00	0.01	1.55 (0.15)	0.06
V	0.02	0.01	0.02	0.01	0.00	0.00	0.92 (0.38)	0.04
Cr	0.13	0.11	0.12	0.10	-0.01	0.01	0.92 (0.37)	0.04
Mn	0.94	1.26	0.93	1.26	-0.02	0.03	0.50 (0.62)	0.00
Fe	9.32	3.03	9.22	3.19	-0.24	0.44	0.62 (0.55)	0.03
Co	0.01	0.01	0.01	0.01	0.00	0.00	0.52 (0.61)	0.01
Ni	0.19	0.11	0.18	0.10	-0.01	0.01	0.9 (0.39)	0.04
Cu	24.45	19.15	24.11	19.00	-0.67	1.35	0.74 (0.48)	0.02
Zn	181.97	29.31	180.10	32.29	-3.14	6.87	0.81 (0.43)	0.06
Ge	0.00	0.00	0.00	0.00	0.00	0.00	0 (1)	0.00
As	0.02	0.05	0.02	0.05	0.00	0.00	0.63 (0.54)	0.01
Se	0.67	0.15	0.67	0.16	-0.01	0.02	0.76 (0.46)	0.04
Rb	0.00	0.01	0.00	0.02	0.00	0.00	-1 (0.34)	-0.01
Sr	2.32	2.32	2.23	2.09	-0.08	0.27	1.16 (0.27)	0.04
Zr	0.05	0.02	0.05	0.02	0.00	0.00	0.81 (0.43)	0.02
Mo	0.04	0.01	0.04	0.01	0.00	0.00	0.37 (0.72)	0.01
Ag	0.00	0.00	0.00	0.00	-	-	-	-
Cd	0.03	0.06	0.03	0.06	0.00	0.00	0.77 (0.46)	0.02
Sn	0.22	0.29	0.22	0.29	0.00	0.01	0.97 (0.35)	0.01
Sb	0.04	0.07	0.03	0.06	0.00	0.01	1.06 (0.31)	0.04
Te	0.00	0.00	0.00	0.00	-	-	-	-

Ba	1.52	1.64	1.45	1.43	-0.07	0.21	1.13 (0.28)	0.05
W	0.07	0.05	0.07	0.05	0.00	0.00	0.87 (0.40)	0.01
Tl	0.00	0.00	0.00	0.00	-	-	-	-
Pb	0.36	0.46	0.36	0.47	-0.02	0.03	0.31 (0.77)	0.01
Bi	0.00	0.00	0.00	0.00	-	-	-	-
U	0.01	0.00	0.01	0.00	0.00	0.00	0.56 (0.58)	0.02

T0 = baseline. T5 = follow-up at 5 months. M = mean. SD = standard deviation. CI = Confidence Interval.

Table S7. Comparison of means for chemical variables (hair mineral analysis), according to groups at zero and five months (T0 and T5, respectively): group treated with monomethylsilanetriol (SiliciuMax® Liquid).

Element	T0		T5		CI (95%)		t (p)	d
	M	SD	M	SD	Minimum	Maximum		
Hg	0.81	1.10	0.62	1.03	-0.10	0.47	1.43 (0.18)	0.18
Li	0.25	0.71	0.25	0.71	-0.01	0.01	0.35 (0.73)	0.00
Be	0.00	0.00	0.00	0.00	-	-	-	-
B	0.00	0.00	0.00	0.00	-	-	-	-
Na	76.91	167.24	79.09	168.93	-6.07	1.72	-1.21 (0.25)	-0.01
Mg	61.38	55.92	65.95	58.59	-11.21	2.06	-1.49 (0.16)	-0.08
Al	6.82	4.42	6.55	4.42	0.02	0.51	2.35 (0.04)	0.06
Si	78.27	30.04	89.86	55.17	-31.85	8.65	-1.24 (0.24)	-0.27
P	204.73	33.89	218.22	41.22	-38.11	11.14	-1.18 (0.26)	-0.36
S	71825.73	3657.11	77574.85	17642.96	-16760.96	5262.71	-1.13 (0.28)	-0.54
K	17.17	23.03	17.59	23.74	-1.35	0.52	-0.96 (0.35)	-0.02
Ca	74.83	61.43	84.27	72.93	-25.48	6.58	-1.27 (0.23)	-0.14
Ti	0.34	0.37	0.34	0.37	-0.01	0.01	-0.51 (0.62)	-0.01
V	0.02	0.01	0.02	0.01	0.00	0.00	-1.05 (0.31)	-0.12
Cr	0.23	0.19	0.27	0.28	-0.12	0.04	-1.08 (0.30)	-0.17
Mn	1.03	1.07	1.06	1.04	-0.09	0.04	-0.89 (0.39)	-0.02
Fe	10.79	2.90	11.39	2.71	-1.82	0.62	-1.07 (0.31)	-0.21
Co	0.01	0.01	0.01	0.01	0.00	0.00	-1.15 (0.27)	-0.11
Ni	0.18	0.10	0.22	0.18	-0.09	0.03	-1.06 (0.31)	-0.22
Cu	22.34	12.08	25.00	16.66	-7.73	2.42	-1.13 (0.28)	-0.18
Zn	176.07	53.07	186.99	55.30	-30.30	8.47	-1.22 (0.25)	-0.20
Ge	0.01	0.01	0.01	0.01	0.00	0.00	0.43 (0.67)	0.01
As	0.10	0.31	0.10	0.31	0.00	0.00	-0.81 (0.43)	0.00
Se	0.65	0.19	0.69	0.18	-0.11	0.03	-1.14 (0.28)	-0.20
Rb	0.04	0.06	0.04	0.06	0.00	0.00	-0.55 (0.59)	0.00
Sr	4.01	3.55	4.45	3.94	-1.15	0.28	-1.31 (0.21)	-0.12
Zr	0.11	0.19	0.11	0.19	-0.01	0.00	-0.86 (0.40)	-0.01
Mo	0.07	0.08	0.08	0.08	-0.01	0.00	-0.95 (0.36)	-0.03
Ag	0.00	0.00	0.00	0.00	-	-	-	-
Cd	0.05	0.12	0.05	0.12	-0.01	0.00	-1.56 (0.14)	-0.02
Sn	0.50	0.82	0.65	1.20	-0.47	0.17	-1.02 (0.33)	-0.15
Sb	0.07	0.23	0.07	0.23	0.00	0.00	-0.96 (0.35)	0.00
Te	0.00	0.00	0.00	0.00	-	-	-	-
Ba	2.35	1.65	2.62	1.99	-0.79	0.24	-1.15 (0.27)	-0.15
W	0.28	0.43	0.28	0.42	-0.02	0.01	-0.26 (0.8)	0.00
Tl	0.00	0.00	0.00	0.00	-	-	-	-
Pb	0.53	0.87	0.55	0.89	-0.05	0.01	-1.14 (0.27)	-0.02
Bi	0.12	0.26	0.12	0.26	0.00	0.01	0.96 (0.35)	0.01
U	0.01	0.01	0.01	0.01	0.00	0.00	-0.99 (0.34)	-0.10

T0 = baseline. T5 = follow-up at 5 months. M = mean. SD = standard deviation. CI = Confidence Interval.

Table S8. Comparison of the means of the variables between the groups for the results of hair mineral analysis.

Element	Comparison among groups	Differences	SD	p	CI (95%)		F (p)
					Minimum	Maximum	
Hg	G1 x G2	-0.13	0.30	1.00	-0.87	0.62	0.68 (0.51)
	G1 x G3	-0.33	0.29	0.79	-1.07	0.40	
	G2 x G3	-0.21	0.28	1.00	-0.91	0.50	
Li	G1 x G2	-0.07	0.37	1.00	-1.00	0.86	0.67 (0.52)
	G1 x G3	0.31	0.37	1.00	-0.61	1.23	
	G2 x G3	0.38	0.35	0.85	-0.50	1.26	
Na	G1 x G2	84.25	56.32	0.43	-57.37	225.88	1.41 (0.26)
	G1 x G3	10.43	55.39	1.00	-128.85	149.71	
	G2 x G3	-73.82	52.95	0.52	-206.97	59.33	
Mg	G1 x G2	109.80 ⁺	34.57	0.01	22.89	196.73	5.38 (0.01)
	G1 x G3	82.66	34.00	0.06	-2.83	168.15	
	G2 x G3	-27.15	32.50	1.00	-108.87	54.57	
Al	G1 x G2	-0.86	1.66	1.00	-5.03	3.32	1.19 (0.31)
	G1 x G3	-2.45	1.63	0.43	-6.56	1.66	
	G2 x G3	-1.59	1.56	0.94	-5.52	2.33	
Si	G1 x G2	-11.37	20.34	1.00	-62.51	39.76	0.33 (0.72)
	G1 x G3	-16.05	20.00	1.00	-66.35	34.24	
	G2 x G3	-4.68	19.12	1.00	-52.76	43.40	
P	G1 x G2	4.42	12.62	1.00	-27.33	36.16	3.35 (0.05)
	G1 x G3	-24.20	12.41	0.18	-55.42	7.02	
	G2 x G3	-28.61	11.87	0.06	-58.46	1.23	
S	G1 x G2	1989.82	4939.56	1.00	-10430.93	14410.56	2.87 (0.07)
	G1 x G3	-8494.69	4858.04	0.27	-20710.42	3721.05	
	G2 x G3	-10484.50	4644.05	0.09	-22162.17	1193.17	
K	G1 x G2	11.18	7.79	0.48	-8.41	30.77	2.26 (0.12)
	G1 x G3	-3.95	7.66	1.00	-23.22	15.31	
	G2 x G3	-15.14	7.32	0.14	-33.55	3.28	
Ca	G1 x G2	82.62	33.02	0.05	-0.41	165.64	3.13 (0.06)
	G1 x G3	42.30	32.47	0.60	-39.35	123.96	
	G2 x G3	-40.31	31.04	0.61	-118.37	37.74	
Ti	G1 x G2	0.04	0.12	1.00	-0.27	0.34	1.45 (0.25)
	G1 x G3	-0.15	0.12	0.67	-0.45	0.15	
	G2 x G3	-0.18	0.11	0.35	-0.47	0.10	
V	G1 x G2	0.01	0.01	0.81	-0.02	0.05	0.68 (0.51)
	G1 x G3	0.01	0.01	1.00	-0.02	0.04	
	G2 x G3	0.00	0.01	1.00	-0.03	0.03	
Cr	G1 x G2	0.02	0.08	1.00	-0.18	0.22	2.2 (0.13)
	G1 x G3	-0.13	0.08	0.35	-0.33	0.07	
	G2 x G3	-0.15	0.08	0.18	-0.34	0.04	
Mn	G1 x G2	-0.15	0.42	1.00	-1.22	0.91	0.23 (0.8)
	G1 x G3	-0.28	0.42	1.00	-1.33	0.76	
	G2 x G3	-0.13	0.40	1.00	-1.13	0.87	
Fe	G1 x G2	-0.47	1.23	1.00	-3.56	2.62	2.86 (0.07)
	G1 x G3	-2.64	1.21	0.11	-5.68	0.40	
	G2 x G3	-2.17	1.16	0.21	-5.08	0.74	
Co	G1 x G2	0.00	0.00	1.00	-0.01	0.01	0.11 (0.9)
	G1 x G3	0.00	0.00	1.00	-0.01	0.01	

	G2 x G3	0.00	0.00	1.00	-0.01	0.01	
	G1 x G2	0.12	0.09	0.60	-0.11	0.34	
Ni	G1 x G3	0.08	0.09	1.00	-0.14	0.30	0.89 (0.42)
	G2 x G3	-0.03	0.08	1.00	-0.24	0.18	
	G1 x G2	-7.01	6.28	0.81	-22.80	8.77	
Cu	G1 x G3	-7.90	6.17	0.63	-23.43	7.62	0.94 (0.40)
	G2 x G3	-0.89	5.90	1.00	-15.73	13.95	
	G1 x G2	1.40	17.59	1.00	-42.84	45.64	
Zn	G1 x G3	-5.49	17.30	1.00	-48.99	38.02	0.1 (0.91)
	G2 x G3	-6.88	16.54	1.00	-48.48	34.71	
	G1 x G2	0.00	0.00	1.00	-0.01	0.01	
Ge	G1 x G3	-0.01	0.00	0.16	-0.01	0.00	2.5 (0.10)
	G2 x G3	-0.01	0.00	0.25	-0.01	0.00	
	G1 x G2	-0.02	0.08	1.00	-0.21	0.18	
As	G1 x G3	-0.09	0.08	0.76	-0.28	0.10	0.82 (0.45)
	G2 x G3	-0.07	0.07	0.97	-0.26	0.11	
	G1 x G2	-0.09	0.07	0.66	-0.27	0.09	
Se	G1 x G3	-0.11	0.07	0.39	-0.29	0.07	1.32 (0.28)
	G2 x G3	-0.02	0.07	1.00	-0.19	0.15	
	G1 x G2	0.03	0.02	0.55	-0.02	0.08	
Rb	G1 x G3	-0.01	0.02	1.00	-0.06	0.04	1.97 (0.15)
	G2 x G3	-0.04	0.02	0.19	-0.08	0.01	
	G1 x G2	5.19*	1.92	0.03	0.38	10.01	
Sr	G1 x G3	2.97	1.88	0.37	-1.76	7.71	3.68 (0.04)
	G2 x G3	-2.22	1.80	0.68	-6.75	2.31	
	G1 x G2	0.01	0.05	1.00	-0.11	0.13	
Zr	G1 x G3	-0.06	0.05	0.72	-0.17	0.06	1.24 (0.3)
	G2 x G3	-0.07	0.04	0.46	-0.18	0.05	
	G1 x G2	0.00	0.02	1.00	-0.05	0.05	
Mo	G1 x G3	-0.04	0.02	0.16	-0.09	0.01	2.82 (0.07)
	G2 x G3	-0.04	0.02	0.14	-0.09	0.01	
	G1 x G2	-0.02	0.03	1.00	-0.10	0.07	
Cd	G1 x G3	-0.03	0.03	0.91	-0.12	0.05	0.55 (0.58)
	G2 x G3	-0.02	0.03	1.00	-0.10	0.06	
	G1 x G2	0.59	0.40	0.46	-0.43	1.60	
Sn	G1 x G3	0.16	0.40	1.00	-0.84	1.15	1.18 (0.32)
	G2 x G3	-0.43	0.38	0.79	-1.38	0.52	
	G1 x G2	-0.02	0.06	1.00	-0.17	0.13	
Sb	G1 x G3	-0.06	0.06	0.93	-0.21	0.09	0.58 (0.57)
	G2 x G3	-0.04	0.06	1.00	-0.18	0.10	
	G1 x G2	2.14	0.93	0.08	-0.19	4.47	
Ba	G1 x G3	0.97	0.91	0.88	-1.32	3.26	2.71 (0.08)
	G2 x G3	-1.17	0.87	0.56	-3.36	1.02	
	G1 x G2	0.04	0.11	1.00	-0.23	0.31	
W	G1 x G3	-0.18	0.11	0.30	-0.44	0.09	2.6 (0.09)
	G2 x G3	-0.22	0.10	0.12	-0.47	0.04	
	G1 x G2	2.26	1.76	0.63	-2.17	6.69	
Pb	G1 x G3	2.07	1.73	0.72	-2.29	6.43	0.99 (0.38)
	G2 x G3	-0.19	1.66	1.00	-4.36	3.98	
	G1 x G2	0.00	0.07	1.00	-0.16	0.17	
Bi	G1 x G3	-0.12	0.06	0.24	-0.28	0.05	2.37 (0.11)
	G2 x G3	-0.12	0.06	0.19	-0.27	0.04	
	G1 x G2	0.00	0.00	1.00	-0.01	0.00	
U	G1 x G3	0.00	0.00	1.00	-0.01	0.00	0.45 (0.64)
	G2 x G3	0.00	0.00	1.00	-0.01	0.01	

* The mean difference is significant at the 0.05 level. SD = standard deviation. CI = Confidence Interval.

Table S9. Comparison of the means of the variables between the groups for the self-reported questionnaire.

Parameter	G1		G2		G3		F (p)
	M	SD	M	SD	M	SD	
T3							
Skin hydration	4.40	2.76	5.67	2.67	6.38	2.90	1.45 (0.25)
Skin color homogeneity	3.78	2.17	5.42	3.06	5.62	3.23	1.19 (0.32)
Skin – number of darken spots	3.63	2.33	4.09	2.88	4.10	2.88	0.09 (0.92)
Skin – intensity of darken spots	2.88	2.10	4.50	3.21	3.67	2.69	0.78 (0.47)
Wrinkles/expression lines (lips)	2.75	2.71	4.22	3.15	4.00	2.63	0.67 (0.52)
Wrinkles/expression lines (forehead)	2.75	2.71	5.50	3.44	4.33	3.17	1.69 (0.20)
Wrinkles/expression lines (eye contour)	3.63	2.50	5.40	3.37	5.42	2.61	1.14 (0.33)
Overall appearance	4.80	2.78	6.08	2.64	6.33	2.57	1.02 (0.37)
Skin softness	5.27	2.97	5.67	3.17	7.92	2.10	3.31 (0.05)
Skin aging signals	4.00	2.78	3.89	2.85	5.33	3.11	0.79 (0.46)
Skin luminosity	5.00	3.07	5.25	2.77	7.08	2.66	2.00 (0.15)
Skin whitening	4.27	2.87	4.08	2.75	5.36	3.01	0.65 (0.53)
Skin whitening – velocity	3.56	2.19	3.67	2.57	4.91	2.95	0.89 (0.42)
Uniformization of skin imperfections	4.14	2.85	3.92	2.78	5.00	2.93	0.44 (0.65)
Skin oiliness	4.29	3.40	3.22	2.99	6.55	3.45	2.67 (0.09)
Skin desquamation	2.33	2.31	4.33	4.03	5.50	3.83	0.70 (0.51)
Acnes	4.17	3.82	3.00	3.11	5.14	4.22	0.58 (0.57)
Hair – overall appearance	5.73	3.00	6.42	3.42	6.92	2.56	0.47 (0.63)
Hair – hydration	5.55	3.24	6.75	3.11	7.62	2.75	1.40 (0.26)
Hair – nutrition	5.40	3.41	6.58	3.48	7.08	2.63	0.82 (0.45)
Hair – softness	6.00	2.97	6.75	3.60	7.69	2.29	0.97 (0.39)
Hair – vitality	5.82	2.86	6.75	3.57	6.23	2.95	0.25 (0.78)
Hair – aging	3.00	2.83	4.27	3.82	4.64	3.07	0.41 (0.67)
Hair – luminosity	4.44	2.74	6.25	3.39	6.82	2.75	1.65 (0.21)
Hair – oiliness	3.57	2.70	5.00	4.32	4.64	3.26	0.34 (0.71)
Hair – dandruff	2.33	2.31	4.38	4.66	6.17	3.43	0.96 (0.41)
Nails – overall appearance	6.80	2.53	6.08	2.84	6.54	3.15	0.18 (0.84)
Nails – resistance	7.40	2.67	6.33	2.90	6.92	2.93	0.39 (0.68)
Nails – growth	7.27	2.76	6.42	2.71	6.85	3.05	0.26 (0.77)
Nails – yellowing	0.64	1.50	4.00	3.88	3.38	4.15	3.05 (0.06)
Nails – stains	4.00	3.27	3.67	3.96	5.00	4.05	0.36 (0.70)
Nails – texture	5.50	3.21	5.17	3.66	5.58	3.55	0.05 (0.96)
Fatigue	4.86	2.91	4.92	4.19	5.55	2.70	0.13 (0.88)
Immunity	4.88	2.64	4.91	3.62	6.91	2.51	1.57 (0.23)
Memory	5.22	2.91	4.42	3.45	5.75	3.05	0.54 (0.59)
Cognition	5.14	3.13	4.75	3.60	6.83	2.44	1.49 (0.24)
T5							
Skin hydration	4.50	3.27	6.58	2.57	7.43	1.70	4.08 (0.03)
Skin color homogeneity	4.36	3.23	6.92	1.93	6.31	2.25	3.37 (0.05)
Skin – number of darken spots	3.33	2.92	6.92	1.62	8.00	2.11	11.5 (0.00)
Skin – intensity of darken spots	3.33	3.00	6.18	2.36	7.18	2.32	5.96 (0.01)
Wrinkles/expression lines (lips)	3.71	3.30	6.08	2.47	6.55	2.16	2.81 (0.08)
Wrinkles/expression lines (forehead)	4.38	3.38	5.75	2.45	7.17	1.80	3.04 (0.06)
Wrinkles/expression lines (eye contour)	4.50	3.21	6.00	2.52	6.77	1.79	2.13 (0.14)
Overall appearance	5.40	3.24	7.17	1.75	8.08	1.66	4.08 (0.03)
Skin softness	5.60	3.37	6.58	2.97	8.23	2.09	2.61 (0.09)
Skin aging signals	3.78	3.42	6.00	2.70	5.58	2.47	1.72 (0.20)
Skin luminosity	4.70	2.71	6.33	2.67	7.46	1.94	3.63 (0.04)

Skin whitening	4.90	3.81	6.58	2.27	6.92	2.35	1.55 (0.23)
Skin whitening – velocity	4.30	3.02	6.45	2.54	5.45	2.42	1.72 (0.20)
Uniformization of skin imperfections	3.89	2.98	6.08	2.54	6.50	1.09	3.76 (0.03)
Skin oiliness	4.78	3.15	5.82	3.31	6.92	2.14	1.53 (0.23)
Skin desquamation	3.20	3.19	5.82	3.74	6.86	3.29	1.65 (0.22)
Acnes	3.00	2.83	5.43	3.95	7.33	4.03	2.15 (0.15)
Hair – overall appearance	5.80	3.68	6.25	2.90	8.29	1.38	3.04 (0.06)
Hair – hydration	5.64	3.26	6.54	2.88	8.62	1.33	4.28 (0.02)
Hair – nutrition	5.27	3.26	6.69	2.90	8.31	1.25	4.17 (0.02)
Hair – softness	5.55	3.24	7.08	3.17	8.46	1.33	3.49 (0.04)
Hair – vitality	5.45	3.14	6.77	3.06	8.62	0.96	4.66 (0.02)
Hair – aging	3.56	3.28	6.45	3.42	7.00	2.67	3.26 (0.05)
Hair – luminosity	5.18	3.03	6.36	2.94	8.54	1.39	5.58 (0.01)
Hair – oiliness	3.88	2.47	5.67	3.50	7.42	3.09	3.13 (0.06)
Hair – dandruff	1.80	1.79	5.40	4.03	8.00	3.52	4.28 (0.03)
Nails – overall appearance	7.20	2.82	6.77	2.77	7.54	2.88	0.24 (0.79)
Nails – resistance	7.36	2.73	6.08	2.66	6.92	2.72	0.71 (0.50)
Nails – growth	7.09	2.84	6.00	2.42	7.36	2.92	0.91 (0.41)
Nails – yellowing	5.13	3.68	5.09	3.59	8.22	2.68	2.64 (0.09)
Nails – stains	4.57	3.64	5.73	3.29	6.40	4.14	0.50 (0.61)
Nails – texture	6.50	2.55	6.33	3.28	7.25	2.93	0.32 (0.73)
Fatigue	4.11	2.98	5.82	3.54	7.27	2.00	2.93 (0.07)
Immunity	4.57	2.57	6.58	3.06	8.17	1.53	4.79 (0.02)
Memory	4.63	2.39	5.50	3.55	7.31	1.49	2.94 (0.07)
Cognition	4.13	2.70	5.75	3.67	7.75	1.36	4.32 (0.02)

M = mean. SD = standard deviation. T3 = follow-up at 3 months. T5 = follow-up at 5 months. G1 = control (placebo). G2 = treated with maldextrin-stabilized orthosilic acid (SiliciuMax® capsules). G3 = treated with monomethylsilanetriol (SiliciuMax® Liquid).

Table S10. Comparison of means for chemical variables (self-reported questionnaire), according to groups at zero and five months (T0 and T5, respectively): control group (placebo).

Parameter	T3	T5	CI (95%)		t (p)	d
	M (SD)	M (SD)	Minimum	Maximum		
Skin hydration	3.5 (3)	3.5 (3.00)	-	-	-	-
Skin color homogeneity	5.11 (2.76)	5.00 (3.16)	-1.35	1.57	0.18 (0.87)	0.04
Skin – number of darken spots	2.33 (2.31)	2.33 (2.31)	-	-	-	-
Skin – intensity of darken spots	4.6 (2.8)	4.9 (3.81)	-2.09	1.49	-0.38 (0.71)	- 0.09
Wrinkles/expression lines (lips)	4.56 (2.88)	4 (3.04)	-0.84	1.95	0.92 (0.38)	0.19
Wrinkles/expression lines (forehead)	3.78 (2.17)	3.89 (3.33)	-1.85	1.63	-0.15 (0.89)	- 0.04
Wrinkles/expression lines (eye contour)	3.00 (2.24)	2.86 (2.34)	-2.55	2.84	0.13 (0.90)	0.06
Overall appearance	5.6 (2.91)	5.6 (3.37)	-1.17	1.17	0.00 (1.00)	0.00
Skin softness	4.29 (3.4)	3.71 (2.69)	-2.14	3.29	0.51 (0.62)	0.19
Skin aging signals	3.83 (2.4)	2.33 (2.07)	-0.35	3.35	2.09 (0.09)	0.67
Skin luminosity	3.4 (3.05)	3.00 (2.00)	-1.48	2.28	0.59 (0.59)	0.16

<i>Skin whitening</i>	3.83 (2.64)	4.33 (2.8)	-2.96	1.96	-0.52 (0.62)	- 0.18
<i>Skin whitening – velocity</i>	3.5 (2.74)	4.00 (2.68)	-2.96	1.96	-0.52 (0.62)	- 0.18
<i>Uniformization of skin imperfections</i>	4.43 (2.7)	3.57 (3.36)	-1.24	2.95	1.00 (0.36)	0.28
<i>Skin oiliness</i>	4.5 (2.95)	2.33 (2.07)	-0.52	4.86	2.07 (0.09)	0.86
<i>Skin desquamation</i>	3.88 (2.1)	3.75 (3.06)	-1.69	1.94	0.16 (0.88)	0.05
<i>Acnes</i>	5.4 (2.91)	4.7 (2.71)	-0.61	2.01	1.21 (0.26)	0.25
<i>Hair – overall appearance</i>	5.5 (3.06)	5.8 (3.68)	-2.80	2.20	-0.27 (0.79)	- 0.09
<i>Hair – hydration</i>	5.55 (3.24)	5.64 (3.26)	-1.38	1.20	-0.16 (0.88)	- 0.03
<i>Hair – nutrition</i>	5.4 (3.41)	5.3 (3.43)	-1.46	1.66	0.15 (0.89)	0.03
<i>Hair – softness</i>	6.00 (2.97)	5.55 (3.24)	-1.12	2.03	0.64 (0.53)	0.14
<i>Hair – vitality</i>	5.82 (2.86)	5.45 (3.14)	-1.18	1.90	0.53 (0.61)	0.12
<i>Hair – aging</i>	3.50 (3.00)	2.00 (2.00)	-3.27	6.27	1.00 (0.39)	0.60
<i>Hair – luminosity</i>	4.44 (2.74)	4.44 (2.83)	-1.88	1.88	0.00 (1.00)	0.00
<i>Hair – oiliness</i>	3.57 (2.7)	3.43 (2.30)	-2.15	2.44	0.15 (0.88)	0.06
<i>Hair – dandruff</i>	2.33 (2.31)	2.33 (2.31)	-	-	-	-
<i>Nails – overall appearance</i>	6.67 (2.65)	7.11 (2.98)	-1.00	0.11	-1.84 (0.10)	- 0.16
<i>Nails – resistance</i>	7.40 (2.67)	7.6 (2.76)	-0.76	0.36	-0.8 (0.44)	- 0.07
<i>Nails – growth</i>	7.27 (2.76)	7.09 (2.84)	-0.85	1.21	0.39 (0.70)	0.06
<i>Nails – yellowing</i>	0.88 (1.73)	5.13 (3.68)	-7.90	-0.60	-2.75 (0.03)	- 1.57
<i>Nails – stains</i>	4.40 (3.29)	4.40 (3.44)	-0.88	0.88	0.00 (1.00)	0.00
<i>Nails – texture</i>	5.14 (3.29)	5.86 (2.41)	-3.42	1.99	-0.65 (0.54)	- 0.25

T3 = follow-up at 3 months. T5 = follow-up at 5 months. CI = Confidence Interval.

Table S11. Comparison of means for variables (self-reported questionnaire), according to groups at zero and five months (T0 and T5, respectively): group treated with maldextrin-stabilized orthosilic acid (SiliciuMax® capsules).

Parameter	T3	T5	CI (95%)		t (p)	d
	M (SD)	M (SD)	Minimu m	Maximu m		
<i>Skin hydration</i>	4.25 (3.77)	5 (4.08)	-2.27	0.77	-1.57 (0.22)	-0.19
<i>Skin color homogeneity</i>	5.91 (2.70)	7.36 (1.69)	-3.61	0.70	-1.51 (0.16)	-0.66
<i>Skin – number of darken spots</i>	5.29 (4.11)	5.43 (3.64)	-1.13	0.85	-0.35 (0.74)	-0.04
<i>Skin – intensity of darken spots</i>	4.36 (2.69)	6.36 (2.25)	-4.60	0.60	-1.71 (0.12)	-0.81
<i>Wrinkles/expression lines (lips)</i>	5.45 (2.70)	7.09 (1.97)	-3.91	0.64	-1.60 (0.14)	-0.70
<i>Wrinkles/expression lines (forehead)</i>	5.42 (3.06)	7.08 (1.93)	-3.68	0.35	-1.82 (0.10)	-0.67

<i>Wrinkles/expression lines (eye contour)</i>	4.50 (3.12)	7.13 (1.64)	-5.41	0.16	-2.23 (0.06)	-1.11
<i>Overall appearance</i>	5.45 (3.24)	7.09 (2.51)	-3.64	0.36	-1.82 (0.10)	-0.57
<i>Skin softness</i>	3.50 (3.07)	6.00 (3.12)	-4.55	-0.45	-2.89 (0.02)	-0.81
<i>Skin aging signals</i>	4.40 (2.84)	7.30 (1.49)	-5.30	-0.50	-2.74 (0.02)	-1.34
<i>Skin luminosity</i>	4.22 (3.15)	6.44 (2.65)	-5.19	0.75	-1.72 (0.12)	-0.77
<i>Skin whitening</i>	4.89 (3.14)	6.56 (2.70)	-4.16	0.82	-1.54 (0.16)	-0.57
<i>Skin whitening – velocity</i>	5.00 (3.24)	6.22 (2.68)	-3.74	1.29	-1.12 (0.29)	-0.41
<i>Uniformization of skin imperfections</i>	4.25 (2.82)	6.38 (2.62)	-4.71	0.46	-1.94 (0.09)	-0.78
<i>Skin oiliness</i>	4.18 (2.75)	6.27 (2.57)	-4.52	0.34	-1.92 (0.08)	-0.79
<i>Skin desquamation</i>	3.90 (2.69)	6.60 (2.63)	-4.96	-0.44	-2.70 (0.02)	-1.02
<i>Acnes</i>	5.00 (2.76)	6.73 (2.41)	-4.21	0.75	-1.55 (0.15)	-0.67
<i>Hair – overall appearance</i>	6.27 (3.55)	6.73 (2.49)	-2.19	1.28	-0.58 (0.57)	-0.15
<i>Hair – hydration</i>	6.75 (3.11)	7.00 (2.45)	-2.03	1.53	-0.31 (0.76)	-0.09
<i>Hair – nutrition</i>	6.58 (3.48)	7.17 (2.44)	-2.05	0.89	-0.87 (0.40)	-0.20
<i>Hair – softness</i>	6.75 (3.60)	7.58 (2.71)	-2.71	1.04	-0.98 (0.35)	-0.26
<i>Hair – vitality</i>	6.75 (3.57)	7.25 (2.63)	-1.63	0.63	-0.97 (0.35)	-0.16
<i>Hair – aging</i>	5.00 (3.87)	6.67 (3.04)	-4.07	0.73	-1.60 (0.15)	-0.48
<i>Hair – luminosity</i>	5.70 (3.43)	6.90 (2.47)	-3.72	1.32	-1.08 (0.31)	-0.41
<i>Hair – oiliness</i>	5.44 (4.33)	5.56 (3.40)	-1.97	1.75	-0.14 (0.89)	-0.03
<i>Hair – dandruff</i>	5.50 (4.93)	4.83 (4.26)	-3.92	5.25	0.37 (0.72)	0.15
<i>Nails – overall appearance</i>	6.08 (2.84)	7.25 (2.26)	-2.90	0.56	-1.48 (0.17)	-0.46
<i>Nails – resistance</i>	6.33 (2.90)	6.50 (2.28)	-1.49	1.16	-0.28 (0.79)	-0.07
<i>Nails – growth</i>	6.42 (2.71)	6.42 (1.98)	-1.21	1.21	0.00 (1.00)	0.00
<i>Nails – yellowing</i>	4.60 (4.01)	5.50 (3.50)	-3.04	1.24	-0.95 (0.37)	-0.24
<i>Nails – stains</i>	3.30 (3.71)	6.20 (3.05)	-5.41	-0.39	-2.61 (0.03)	-0.86
<i>Nails – texture</i>	4.73 (3.50)	6.82 (2.96)	-4.43	0.25	-1.99 (0.07)	-0.65

T3 = follow-up at 3 months. T5 = follow-up at 5 months. CI = Confidence Interval.

Table S12. Comparison of means for variables (self-reported questionnaire), according to groups at zero and five months (T0 and T5, respectively): group treated with monomethylsilanetriol (SiliciuMax® Liquid).

Parameter	T3	T5	CI (95%)		t (p)	d
	M (SD)	M (SD)	Minimu m	Maximu m		
<i>Skin hydration</i>	6.80 (3.83)	7.80 (3.9)	-2.76	0.76	-1.58 (0.19)	-0.26
<i>Skin color homogeneity</i>	6.82 (2.04)	8.00 (1.79)	-2.79	0.43	-1.63 (0.13)	-0.62
<i>Skin – number of darken spots</i>	6.75 (3.95)	6.50 (3.87)	-0.55	1.05	1.00 (0.39)	0.06
<i>Skin – intensity of darken spots</i>	5.67 (2.92)	6.33 (2.40)	-3.44	2.10	-0.55 (0.59)	-0.25
<i>Wrinkles/expression lines (lips)</i>	6.38 (2.90)	7.38 (1.76)	-2.16	0.16	-1.88 (0.08)	-0.43
<i>Wrinkles/expression lines (forehead)</i>	6.00 (3.05)	6.17 (2.29)	-2.06	1.73	-0.19 (0.85)	-0.06
<i>Wrinkles/expression lines (eye contour)</i>	4.00 (2.67)	7.13 (2.23)	-6.45	0.20	-2.22 (0.06)	-1.27
<i>Overall appearance</i>	8.17 (1.99)	8.08 (2.11)	-1.53	1.70	0.11 (0.91)	0.04
<i>Skin softness</i>	6.20 (3.43)	6.60 (2.37)	-2.43	1.63	-0.45 (0.67)	-0.14
<i>Skin aging signals</i>	3.88 (2.42)	7.63 (2.20)	-7.20	-0.30	-2.57 (0.04)	-1.62
<i>Skin luminosity</i>	4.00 (2.78)	6.11 (2.03)	-3.89	-0.33	-2.74 (0.03)	-0.88
<i>Skin whitening</i>	5.45 (2.73)	6.45 (1.63)	-2.24	0.24	-1.80 (0.10)	-0.46
<i>Skin whitening – velocity</i>	4.50 (3.27)	6.90 (1.73)	-3.88	-0.92	-3.67 (0.01)	-0.96
<i>Uniformization of skin imperfections</i>	5.73 (2.94)	5.45 (2.54)	-1.23	1.78	0.40 (0.69)	0.10
<i>Skin oiliness</i>	5.40 (2.76)	6.40 (1.17)	-2.39	0.39	-1.63 (0.14)	-0.51
<i>Skin desquamation</i>	5.22 (2.95)	5.11 (2.57)	-2.72	2.95	0.09 (0.93)	0.04
<i>Acnes</i>	7.25 (2.70)	7.33 (1.97)	-1.85	1.68	-0.10 (0.92)	-0.04
<i>Hair – overall appearance</i>	6.92 (2.56)	8.38 (1.39)	-3.48	0.55	-1.58 (0.14)	-0.74
<i>Hair – hydration</i>	8.17 (1.99)	8.58 (1.38)	-1.67	0.84	-0.73 (0.48)	-0.24
<i>Hair – nutrition</i>	7.58 (1.98)	8.33 (1.30)	-2.02	0.52	-1.30 (0.22)	-0.46

<i>Hair – softness</i>	7.92 (2.23)	8.50 (1.38)	-2.13	0.96	-0.83 (0.42)	-0.32
<i>Hair – vitality</i>	6.67 (2.61)	8.58 (1.00)	-3.64	-0.19	-2.45 (0.03)	-1.06
<i>Hair – aging</i>	5.13 (2.80)	6.38 (2.62)	-4.47	1.97	-0.92 (0.39)	-0.46
<i>Hair – luminosity</i>	7.40 (2.07)	8.30 (1.42)	-2.31	0.51	-1.45 (0.18)	-0.52
<i>Hair – oiliness</i>	5.00 (3.20)	6.90 (3.14)	-4.81	1.01	-1.48 (0.17)	-0.60
<i>Hair – dandruff</i>	5.50 (3.70)	9.25 (0.96)	-9.90	2.40	-1.94 (0.15)	-1.61
<i>Nails – overall appearance</i>	7.00 (2.80)	7.58 (3.00)	-2.98	1.82	-0.54 (0.60)	-0.20
<i>Nails – resistance</i>	6.67 (2.90)	6.92 (2.84)	-1.74	1.24	-0.37 (0.72)	-0.09
<i>Nails – growth</i>	6.85 (3.05)	7.23 (3.00)	-1.39	0.62	-0.84 (0.42)	-0.13
<i>Nails – yellowing</i>	3.33 (4.56)	8.22 (2.68)	-9.91	0.13	-2.25 (0.05)	-1.35
<i>Nails – stains</i>	5.13 (4.45)	5.50 (4.17)	-5.88	5.13	-0.16 (0.88)	-0.09
<i>Nails – texture</i>	6.30 (3.43)	7.10 (3.21)	-4.17	2.57	-0.54 (0.60)	-0.24

T3 = follow-up at 3 months. T5 = follow-up at 5 months. CI = Confidence Interval.



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