pH of the composition to a final pH by adding a base, and optionally waiting for average particle size grow to the desired size and then optionally adding further stabiliser and or dropping the pH.

7. The process of claim 6, wherein the final pH is in the range pH 3.0 to 9.0.

8. The process of claim 6 or claim 7, wherein the base is sodium hydroxide or sodium carbonate.

9. The process of any one of the preceding claims, further comprising formulating the stabilised polymeric silicate composition as a cream or ointment for topical administration to a subject.

10. The process of claim 8 or claim 9, wherein sodium hydroxide is added to adjust the pH of the composition prior to formulating the stabilised polymeric silicate composition as a cream or ointment by mixing with polyalkylene glycol.

11. The process of claim 9 or claim 10, wherein formulating the stabilised polymeric silicate composition as a cream or ointment comprises mixing it with a solid or semi-solid matrix.

12. The process of claim 11, wherein the solid or semi-solid matrix comprises one or more polyalkylene glycol polymers or one or more hydroxyethyl cellulose gels.

13. The process of any one of claims 1 to 8, further comprising formulating the stabilised polymeric silicate composition so that it is formulated for oral administration or parenteral administration of silicic acid to a subject.

14. The process of any one of the preceding claims, wherein in step (a) the aqueous alkaline silicate solution is a Group 1 or Group 2 metal silicate.

15. The process of any one of the preceding claims, wherein in step (b) the pH is reduced to less than or equal to pH 4.0 by adding an acid.

16. The process of any one of the preceding claims, wherein in step (c) the pH is reduced to less than or equal to pH 3.0.

17. The process of any one of the preceding claims, wherein the concentration of the silicate solution is between 5mM and 3.0 M.

18. The process of any one of the preceding claims, wherein the concentration of the silicate solution is between 0.1 M and 1.5 M.

19. The process of any one of the preceding claims, wherein stabilised polymeric silicate composition is stable for 1 month or more, 2 months or more, 3 months or more, 6 months or more.

20. The process of any one of the preceding claims, wherein the nanosilicate particles have a mean diameter of 10 nm or less.

21. The process of any one of the preceding claims, wherein the nanosilicate particles have a mean diameter of 5 nm or less.

22. The process of any one of the preceding claims, wherein the concentration of the silicate solution is more than 30mM.

23. The process of any one of the preceding claims, wherein in step (a) the pH of the alkaline silicate solution is above pH 11.5.

24. The process of any one of the preceding claims, wherein two, three, four or five stabilising agents are added in step (c).

25. The process of any one of the preceding claims, wherein the stabilising agent is sucrose or polyethylene glycol (PEG).

26. The process of any one of the preceding claims, wherein the stabilising agent is not lactose or mannitol.

27. The process of any one of the preceding claims, wherein in step (b) the pH of the composition is lowered to a pH less than or equal to pH 1.5.

28. The process of any one of the preceding claims, further comprising adding a metal cation to the composition.

29. The process of claim 28, wherein the metal cation is Cu^{2+}, Ag^{+}, Ca^{2+}, Mg^{2+}, Fe^{3+} and/or Zn^{2+}.

30. The process of claims 28 or claim 29, wherein the metal cation inhibit dissolution of the composition.

31. The process of claims 28 or claim 29, wherein the metal cation provides the composition with antibacterial properties.

32. The process of any one of claims 29 to 31, wherein the metal cation is added to provide a Si to metal ratio of between 100:1 and 10:1, and optionally to provide a Si to metal ratio of 20:1.

33. The process of any one of the preceding claims, wherein in step (b) the pH is lowered over a period of less than 60 seconds, less than 30 seconds, less than 10 seconds, or less than 5 seconds.

34. A stabilised polymeric silicate composition which is obtainable by the process of any one of claims 1 to 33, the silicate composition comprising polymeric silicic acid and nanosilicate particles having mean diameters of 20 nm or less, wherein the silicate composition is aquated and comprises a stabilising agent that comprises a polyalkylene glycol and/or a sugar in which the stabilising agent inhibits formation of condensed silicates.

35. A stabilised polymeric silicate composition which is obtainable by the process according to any one of claims 1 to 33, the silicate composition comprising polymeric silicic acid and nanosilicate particles having mean diameters of 20 nm or less, wherein the silicate composition is aquated and comprises a stabilising agent that comprises a polyalkylene glycol and/or a sugar in which the stabilising agent inhibits formation of condensed silicates, and wherein the silicate composition, when used in a method of treatment.

36. The stabilised polymeric silicate composition of claim 35, wherein the composition is formulated to be delivered parenterally.

37. The stabilised polymeric silicate composition of claim 36, wherein the parenteral administration is intravenous (IV), intraperitoneal (IP) or intramuscular (IM) administration.

38. The stabilised polymeric silicate composition of claim 36 or claim 37, wherein the parenteral administration is intravenous (IV) administration via an intravenous drip.

39. The stabilised polymeric silicate composition of any one of claims 36 to 38, wherein the stabilising agent is sucrose and/or polyethylene glycol (PEG).

40. The stabilised polymeric silicate composition of any one of claims 36 to 39, wherein the composition is diluted or neutralised to a physiologically acceptable pH for administration.

41. A stabilised polymeric silicate composition which is obtainable by the process according to any one of claims 1 to 33, the silicate composition comprising polymeric silicic acid and nanosilicate particles having mean diameters of 20 nm or less and a stabilising agent comprising sucrose and/or a polyalkylene

glycol, wherein composition is formulated to be delivered intravenously via an intravenous drip.

42. A stabilised polymeric silicate composition which is obtained by the process according to any one of claims 1 to 33.

43. A stabilised polymeric silicate composition which is obtainable by the process according to any one of claims 1 to 33, the silicate composition, wherein the composition comprises polymeric silicic acid and nanosilicate particles have mean diameters of 20 nm or less and a stabilising agent comprising a polyalkylene glycol, wherein the silicate composition is formulated to be applied topically to a subject, and wherein the silicate composition is used in a method of promoting wound healing and/or treating or preventing bacterial infection.

44. The stabilised polymeric silicate composition of claim 42 or claim 43, wherein the composition is formulated as a cream or an ointment, optionally wherein the cream or ointment comprises a polyalkylene glycol.

45. The stabilised polymeric silicate composition of any one of claims 42 to 44, wherein the polyalkylene glycol is polyethylene glycol (PEG).

46. The stabilised polymeric silicate composition of any one of claims 34 to 45, wherein the pH is between 3.0 and 9.0.

47. The stabilised polymeric silicate composition of any one of claims 34 to 46, wherein the composition has a concentration of silicon of: 2.5mM or more, 5.0mM or more, 25mM or more, or 40mM or more.

48. The stabilised polymeric silicate composition of any one of claims 34 to 47, wherein the silicate composition is used to treat a human subject.

49. The stabilised polymeric silicate composition of any one of claims 34 to 47, wherein the silicate composition is used to treat a non-human subject.

50. A silicate-containing supplement which is obtainable by the process of any one of claims 1 to 33, the silicate-containing supplement comprising a stabilised polymeric silicate composition comprising polymeric silicic acid and nanosilicate particles having mean diameters of 20 nm or less, wherein the stabilised polymeric silicate composition comprises a stabilising agent that comprises a polyalkylene glycol and/or a sugar in which the stabilising agent inhibits formation of condensed silicates, when uses in the delivery of silicic acid to a human or animal subject.

51. The silicate-containing supplement of claim 50, wherein the composition is in the form of a liquid filled capsule.

52. The silicate-containing supplement of claim 50 or claim 51, wherein the composition is formulated to be delivered by direct oral administration.

53. The silicate-containing supplement of any one of claims 50 to 52, wherein the composition is a silicate supplement to improve the appearance of hair, skin or nails.

54. A composition comprising a stabilised polymeric silicate composition comprising polymeric silicic acid and nanosilicate particles having mean diameters of 20 nm or less, which is obtainable by the process of any one of claims 1 to 33, wherein the stabilised polymeric silicate composition comprises a stabilising agent that comprises a polyalkylene glycol and/or a sugar in which the stabilising agent inhibits formation of condensed silicates.

55. The composition of claim 54 when used in method of treating: osteoporosis, osteopenia, musculoskeletal and joint disorders,

cancer, skin conditions, vascular diseases, cardiovascular diseases, coronary heart diseases, inflammatory diseases, autoimmune diseases, Alzheimer's disease, cognitive impairment, infections, wounds , ulcers, gastrointestinal disorders, liver disease, kidney disease, immune related disorders or hormone related disorders.

56. The composition of claim 54, wherein the composition is formulated to be delivered orally to bind cations in the gut.

57. The composition of claim 54, wherein the composition is formulated to be delivered intravenously in the treatment of cancer.

58. The composition of claim 54, wherein the composition is formulated to be delivered intravenously in the treatment of infections.

59. A silicate-containing supplement obtainable by the process of any one of claims 1 to 33, the silicate-containing supplement comprising a stabilised polymeric silicate composition comprising polymeric silicic acid and nanosilicate particles having mean diameters of 20 nm or less when used in the delivery of transiently stable silicate polymers to a human or animal subject, wherein the composition is in the form of a liquid filled capsule and comprises a stabilising agent that comprises a polyalkylene glycol and/or a sugar in which the stabilising agent inhibits formation of condensed silicates.

60. The silicate-containing supplement of claim 59, wherein the composition is formulated for oral supplementation and comprises particles having mean diameters of 5 nm or less (uSANS).