

09/10/16

Do not accept if seal is broken. Product No. 1580
Store between 59°-86° F. Keep out of the reach of children.
In a special vegetable cellulose "Rapid Release" base for the quick release of nutrients.
GDU-Gelatin Digestive Units
USP-United States Pharmacopoeia
NO: Yeast, wheat, gluten, milk, salt, or artificial color.



**** This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.**

Country Life 101 Corporate Drive, Hauppauge, NY 11788
www.countrylifevitamins.com
Lot No:

Best by:



SPECIALTY SUPPLEMENTS

LIGA-TEND

A support formula
for ligaments and tendons**

50 Tablets

Dietary Supplement

Directions: Adults take one (1) tablet three (3) times daily. For best utilization, take between meals. Do not exceed recommended dose. As a reminder, discuss the supplements and medications that you take with your health care providers.

Supplement Facts

Serving Size 1 tablet

Amount Per Serving		% Daily Value
Vitamin C (as ascorbic acid)	75 mg	125%
Vitamin B-6 (as pyridoxine hydrochloride)	7.5 mg	375%
Vitamin B-12 (as cyanocobalamin)	100 mcg	1,667%
Calcium (as calcium carbonate)	31 mg	3%
Zinc (as zinc picolinate)	7.5 mg	50%
Manganese (as amino acid chelate)	10 mg	500%
L-Proline (free form)	250 mg	*
Shark Cartilage	150 mg	*
Bromelain (2,400 GDU/g) (from pineapple)(stem)	125 mg	*
Glycine (free form)	100 mg	*
Papain (2,000 USP units/mg) (from papaya)	50 mg	*

* Daily Value not established.

Other Ingredients: Stearic acid, cellulose, cellulose & glycerin coating, magnesium stearate, silica, vanilla, vegetable glaze. Contains soy and fish (shark).

WARNING: If you are pregnant or nursing, taking medication or planning a surgery, consult your doctor before using this product. If any adverse reactions occur, stop taking the product and consult your doctor.