

Country Life's Liga-Tend® is uniquely designed to support healthy ligaments and tendons.\*\* L-Proline is an amino acid that is critical to the synthesis of collagen, the main structural protein in ligaments and tendons.\*\* This contains a variety of vitamins and minerals for nutritional support, all in a special vegetable cellulose "Rapid Release" base for quick release of nutrients.\*\*

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

**YES** CERTIFIED GLUTEN-FREE BY GFCO.ORG **NO** YEAST, WHEAT OR SOY  
**YES** CERTIFIED VEGAN BY THE AVA **NO** MILK OR SALT  
**YES** RECYCLABLE PACKAGING **NO** ARTIFICIAL COLORS, FLAVORS  
**YES** MANUFACTURING SUPPORTS WIND POWER **NO** OR SWEETENERS

Do not accept if seal is broken. Store in a dry place between 59°-86° F. Keep out of the reach of children.

GDU - Gelatin Digestive Units USP - United States Pharmacopoeia  
 Lot No:

Best by:



This product has been manufactured at a GMP Registered facility.



• RAPID RELEASE •

# LIGA-TEND®

Certified Gluten-Free

- Unique support formula for healthy ligaments and tendons\*\*
- with L-Proline, a precursor to collagen\*\*
- Plus vitamins, minerals, and enzymes

Dietary Supplement **100** Tablets

— Our PLEDGE of INTEGRITY —  
 AUTHENTICITY • CLEANLINESS • FRESHNESS  
 CONSISTENCY • ACCURACY

**Directions:** Adults take one (1) tablet three (3) times daily. For best utilization take between meals. 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 ..... 83%
Vitamin B6 (as pyridoxine hydrochloride) .....	7.5 mg ..... 441%
Vitamin B12 (as cyanocobalamin) .....	100 mcg ..... 4,167%
Zinc (as zinc picolinate) .....	7.5 mg ..... 68%
Manganese (as manganese citrate) .....	3 mg ..... 130%
L-Proline (free form) .....	250 mg ..... *
Liga-Tend Support Blend .....	175 mg ..... *
Bromelain (2,400 GDU/g)(from pineapple) (stem), Papain (2,000 USP units/mg)(from papaya)(fruit)	
Glycine (free form) .....	100 mg ..... *

\* Daily Value not established.

Other Ingredients: Cellulose, calcium carbonate, stearic acid, cellulose & glycerin coating, magnesium stearate, silica, natural vanilla flavor, vegetable glaze.

**CAUTION:** If you are pregnant, nursing, or taking medication, have a medical condition or planning surgery, consult a doctor before using this product. Stop using and consult a doctor if any adverse reactions occur.

Manufactured by Country Life, LLC  
 180 Vanderbilt Motor Parkway, Hauppauge, NY 11788 (USA)  
 CountryLifeVitamins.com  
 Product No. 1581

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