

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** RECYCLABLE PACKAGING **NO** MILK, SALT OR PRESERVATIVES  
**YES** MANUFACTURING SUPPORTS **NO** ARTIFICIAL COLORS OR FLAVORS  
 WIND POWER **NO** ARTIFICIAL SWEETENERS

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

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

This product has been manufactured at a GMP Registered facility.

Best by:



# 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
- Rapid Release

Dietary Supplement **50** 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 .....	125%
Vitamin B6 (as pyridoxine hydrochloride).....	7.5 mg .....	375%
Vitamin B12 (as cyanocobalamin).....	100 mcg .....	1,667%
Calcium (as calcium carbonate).....	31 mg .....	3%
Zinc (as zinc picolinate).....	7.5 mg .....	50%
Manganese (as manganese citrate).....	3 mg .....	150%
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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)(fruit) ..	50 mg .....	*
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* Daily Value not established.		

Other Ingredients: Cellulose, stearic acid, cellulose & glycerin coating, magnesium stearate, silica, natural vanilla flavor, vegetable glaze. Contains fish (shark). **CAUTION:** 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.

Manufactured by Country Life, LLC  
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 CountryLifeVitamins.com  
 Product No. 1580