

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 OR SALT
YES MANUFACTURING SUPPORTS	NO PRESERVATIVES
WIND POWER	NO ARTIFICIAL COLORS OR FLAVORS
	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:

Best by:



This product has been manufactured at a GMP Registered facility.



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

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..... 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 piccolinate)	7.5 mg..... 50%
Manganese (as manganese citrate)	3 mg..... 150%
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..... *

* 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
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