

Do not accept if seal is broken. Product No. 1581  
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:

10H990B  
09/13

Best by:



## SPECIALTY SUPPLEMENTS

# LIGA-TEND

A support formula  
for ligaments and tendons\*\*

100 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.