

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 OR SWEETENERS
YES MANUFACTURING SUPPORTS WIND POWER

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:

23A680A
082 09:33 02
03/26

Best by:



This product has been manufactured at a GMP Registered facility.



ESTABLISHED
 - 1971 -

Country Life

• 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, vegetable 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.

† Country Life always labels minerals in elemental weight.

Manufactured by Country Life, LLC
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 CountryLifeVitamins.com
 Product No. 1581