

Ligament Restore[†]

Helps maintain healthy tendons, ligaments and joints^{^†}

INDICATIONS

- Ages 18 and up
- Ligament function and comfort[†]

BENEFITS

- Supports collagen formation for healthy tendons, ligaments and joints[†]
- Helps support normal recovery from exercise[†]

FEATURES

- Blend of glucosamine, collagen, amino acids, and herbal extracts

VERIFIABLE SCIENCE

Glucosamine is required for the synthesis of proteoglycans, the molecules responsible for providing tendons, ligaments, and cartilage their resiliency and strength.¹ It also helps protect cartilage from the effects of mechanical stress. Sulfate, another component of proteoglycans, works synergistically with glucosamine to enhance cartilage repair and regeneration.² BioCell Collagen[®] provides hydrolyzed and denatured low molecular weight collagen. Additionally, it provides a naturally occurring blend of hyaluronic acid (HA), chondroitin sulfate, glucosamine sulfate and amino acids to promote cartilage synthesis and joint integrity.³ A double-blind, placebo-controlled study involving 16 individuals supplementing with BioCell Collagen[®] for eight weeks indicated statistically significant support for joint function and comfort.⁴ To further encourage collagen formation, this formula is enhanced with l-lysine and l-proline. These amino acids are hydroxylated to form hydroxyproline and hydroxylysine in a reaction involving vitamin C, forming the “glue” that holds collagen together. In the body, silica is found primarily in connective tissue and plays a role in collagen tissue formation. Devil’s claw and curcumin are included to support joint flexibility, function and comfort, in part by maintaining healthy eicosanoid metabolism.^{5†}

SUGGESTED USE

As a dietary supplement, take 2 capsules, 2 times daily, with 8-10 oz water, with meals.

STORAGE

Store in a cool, dry place.

WARNING

If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use. Do not take if you are sensitive to shellfish.

SOURCE

- Glucosamine sulfate is derived from crab and shrimp
- Hydrolyzed collagen complex is derived from chicken sternal cartilage and typically provides 60% hydrolyzed collagen, 20% chondroitin sulfate and 10% hyaluronic acid
- l-proline and l-lysine are derived from fermentation
- Ascorbic acid is derived from corn dextrose fermentation
- Silica is from bamboo extract, which is derived from the stem of the botanical *Bambusa vulgaris*
- Curcumin (turmeric) is derived from *Curcuma longa* and standardized to contain 95% curcuminoids
- Devil’s claw is derived from *Harpagophytum procumbens* and standardized to contain 5% harpagosides
- Ascorbyl palmitate is derived from corn dextrose fermentation and palm oil
- Hypoallergenic plant fiber is derived from pine cellulose

NOTES

Size 00 caps

Bottle counts 120, 240

Order codes LR1, LR2

Bottle sizes 290 cc, 20 oz

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REFERENCES

1. Fusini F, et al. *Muscles Ligaments Tendons J.* 2016 Jan-Mar; 6(1): 48–57.
2. Kelly GS. *Altern Med Rev.* 1998 Feb;3(1):27-39.
3. Herrero-Beaumont G, et al. *Arthritis Rheum.* 2007 Feb;56(2):555-67.
4. Schauss AG, et al. *J Agric Food Chem.* 2012 Apr 25;60(16):4096-101.
5. Kalman DS, et al. *Nutr J.* 2008 Jan 21;7:3.

SUPPLEMENT FACTS

2 capsules, 2 times daily, with 8-10 oz water, with meals. Individual results may vary.

Two (size 00) vegetarian capsules contain:

Vitamin C (as ascorbic acid)	100 mg
Glucosamine sulfate (from crab, shrimp)	750 mg
BioCell Collagen [®] hydrolyzed collagen complex (chicken sternal cartilage)	200 mg
Providing (typical):	
Hydrolyzed collagen 60%	120 mg
Chondroitin sulfate 20%	40 mg
Hyaluronic acid 10%	20 mg
I-Proline (free-form)	250 mg
I-Lysine HCl (free-form)	250 mg
Silica (from bamboo)	7.5 mg
Devil's claw (<i>Harpagophytum procumbens</i> and <i>Harpagophytum zeyheri</i>) extract (root)(standardized to contain 5% harpagosides)	50 mg
Turmeric (<i>Curcuma longa</i>) extract (root) (standardized to contain 95% curcuminoids)	50 mg

Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate

BioCell Collagen[®] is a registered trademark of BioCell Technology LLC, Irvine, California USA (Protected by Patents).

Contains shellfish (crab, shrimp)

Refrigerate after opening.



Ligament Restore [‡]	Quantity	Order Code
	240	LR2
	120	LR1

[^]Individual results may vary.

Visit PureEncapsulationsPro.com for more information about our GMO policy

[‡]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.