

# Ligaflex™



## Recommended Use:

- ▶ Arthritis
- ▶ Tendonitis
- ▶ Wounds
- ▶ Ligaments laxity
- ▶ Sprains
- ▶ Post surgical healing
- ▶ Sports injury
- ▶ Bursitis

Ligaflex is specifically formulated for the healing and regeneration of the connective tissue and musculoskeletal system.

Ligaflex contains nutrients and botanicals that have traditionally been used for the treatment of joints, ligaments and tendons.

Injury to the musculoskeletal system is a common occurrence. Physical trauma from sports, work-related activities, surgical procedures as well as the aging process are factors that can result in injury to the soft tissues of the body. Ligaments and tendons are known to be slow healing. Studies now show that support from vital nutrients' enables the body to repair and regenerate more effectively. Without such support, recovery may be slowed and optimal function may not be regained. However, the constitutions found in Ligaflex provide the nourishment specific to the needs of the body's repairing cells. The blend of vital nutrients and botanicals make Ligaflex an important supplement to joint and connective tissue health.

The nutrients L-cysteine and collagen are integral for cellular development, particularly in joints and repairing of soft tissue damage. Cysteine has also been cited in a number of studies, showing that it plays a positive role in promoting cell proliferation and re-epithelialization.

Ligaflex contains the botanicals of Horsetail (*Equisetum arvense*), which is rich in silica, Gota Kola (*Centella asiatica*) and Black seed (*Nigella sativa*). Horsetail has traditionally been used in poor wound healing, rheumatic diseases, ulcers, swellings and fractures. It has been shown that asiaticosides found in Gotu Kola

facilitates wound healing by increasing peptidic hydroxyproline content, tensile strength, collagen synthesis, angiogenesis and epithelialization. Black seed has traditionally been used for thousands of years as an herbal health aid for such conditions as rheumatism and related inflammatory diseases.

Glucosamine is an important nutrient for joint health as it stimulates the manufacture of glycosaminoglycans, a key structural component of cartilage. Glucosamine also promotes the incorporation of sulphur into cartilage. Glucosamine has a role in the synthesis of cell membrane lining, collagen, osteoid, and bone matrix. Glucosamine is also required for the formation of lubricants and protective agents such as mucin and mucous secretions.

Another compound that is vital to cellular health is MSM (methylsulfonylmethane) which is a natural, organic sulfur compound found in all living things. This form of organic sulfur is the forth most prevalent mineral in the human body. MSM provides the elemental sulfur needed for the structural cross linking of connective tissue. Sulphydryl containing compounds such as MSM and cysteine have been shown to stimulate the healing of ulcerated tissues.

Ligaflex also contains Enzogenol, a powerful antioxidant derived from the bark of the *Pinus radiata* trees. Enzogenol is a blend of antioxidants containing many flavonoids, including proanthocyanidins and organic acids. The bark is a rich source of natural antioxidants that protect tissues and cells from free radical damage. Antioxidants such as Enzogenol help the body to recover faster from soft tissue damage, and has been shown to improve joint movements.



**Medicinal ingredients:** Each capsule contains:

Glucosamine sulphate (shellfish exoskeleton) . . . . .	200 mg
MSM (Methylsulfonylmethane) . . . . .	100 mg
Collagen (Type II Hydrolyzed Collagen) . . . . .	50 mg
L-cysteine . . . . .	50 mg
Gotu kola ( <i>Centella asiatica</i> , stems and leaves) . . . . .	30 mg
Black seed ( <i>Nigella sativa</i> , seeds) . . . . .	25 mg
Pine bark, 'Enzogenol' ( <i>Pinus radiata</i> ; 100:1 DHE 1250 mg, 90% Proanthocyanidin, bark) . . . . .	12.5 mg
Horsetail ( <i>Equisetum arvense</i> , shoots) . . . . .	1 mg

**Non-medicinal ingredients:** Magnesium stearate, microcrystalline cellulose, gelatin.

**Recommended dose (adults):** Take two capsules four times a day with food or as directed by a health care practitioner.

**Duration of use:** Use for a minimum of 4 weeks. For use beyond 12 weeks, consult a health care practitioner.

**Caution/warnings:** Do not use if pregnant or breastfeeding. Do not use in individuals with known or suspected sensitivity to the listed ingredients. Consult a health care practitioner prior to use if you are taking nitroglycerin or if you have cardiac or renal dysfunction or if symptoms worsen.

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