

# Ligament Restore

Introduced 2006



## What Is It?

Ligament Restore combines ingredients found naturally in tendons, ligaments and joints to help strengthen and support the maintenance and natural repair processes of healthy connective tissue.\*

## Uses For Ligament Restore

**Ligament, Tendon and Joint Health:** Glucosamine is required for the synthesis of proteoglycans, the molecules responsible for providing tendons, ligaments and cartilage their resiliency and strength. 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. 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. A double blind placebo-controlled study involving 16 individuals supplementing with BioCell Collagen® for 8 weeks indicated statistically significant support for joint function and comfort. 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.\*

## What Is The 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. Vitamin C (ascorbyl palmitate) is derived from corn dextrose fermentation and palm oil. Hypo-allergenic plant fiber is derived from pine cellulose.

† BioCell Collagen® is a registered trademark of BioCell Technology LLC, Anaheim, California, USA. U.S. Patents 6,025,327; 6,323,319; 6,780,841 and other U.S. and foreign patents pending.

## Recommendations

Pure Encapsulations recommends 4 capsules per day, in divided doses, with meals.

## Are There Any Potential Side Effects Or Precautions?

If pregnant or lactating, consult your physician before taking this product. Rare side effects of glucosamine and devil’s claw include nausea, heartburn, diarrhea and constipation, drowsiness, skin reactions, or headache. Curcumin (turmeric) is not recommended for individuals with bile duct obstruction.

## Are There Any Potential Drug Interactions?

Glucosamine can interfere with certain blood thinning medications. Consult your physician for more information.

(continued)

‡These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

## Ligament Restore

four vegetable capsules contain



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glucosamine sulfate (crab, shrimp) .....	1,500 mg
hydrolyzed collagen complex (chicken sternal cartilage) .....	400 mg
providing (typical):	
hydrolyzed collagen 60%.....	240 mg
l-proline (free-form) .....	500 mg
l-lysine HCl.....	500 mg
ascorbic acid .....	200 mg
silica (from Bambusa vulgaris (bamboo) extract (stem)) .....	15 mg
devil's claw (Harpagophytum procumbens) extract (root) .....	100 mg
(standardized to contain 5% harpagosides).....	(5 mg)
turmeric (Curcuma longa) extract .....	100 mg
(standardized to contain 95% curcuminoids) .....	(95 mg)
ascorbyl palmitate (fat-soluble vitamin C) .....	40 mg

**4 capsules per day, in divided doses, with 8–10 oz water, with meals.**

***Refrigerate after opening.***