

# Ligaplex® I

## Contains Several Nutrients to Support the Collagen and Elastin Tissues in Ligaments and Tendons

Bones are connected to one another by ligaments to form joints. They provide support to and control the flexibility of the joint. Tendons connect muscle to bones. Muscles support movement of the body. When muscles contract, they are supporting the movement of bones and tendons and help to transmit this contraction. Due to our everyday activities, the fibrous tissues that comprise ligaments and tendons regularly undergo stress. These tissues are in a constant state of renewal and restoration. Ligaplex I provides several nutrients to support collagen fibers and elastin, the two foundational tissues in ligaments and tendons, and help maintain optimal mobility.†

## How Ligaplex I Keeps You Healthy

### *Helps maintain healthy collagen*

Vitamin C supports collagen formation and the growth and repair of tissues. Manganese is responsible for several enzymatic reactions in the body. Some of these reactions include the synthesis of proteoglycans, which support the formation of healthy cartilaginous tissues. Manganese also supports the function of the amino acid proline. Proline is involved in forming collagen in cells.†

### *Provides many essential nutrients to support muscle function and tissue health and protection of cells*

Calcium is essential for muscle contraction; maintenance and function of cell membranes and membrane permeability; and proper functioning of many enzyme reactions. Whole food sources of magnesium in Ligaplex I, like oats and buckwheat, are essential for over 300 enzymatic reactions in the body, including ion transfer of potassium and calcium to support muscle contraction and nerve impulses. Vitamin A and phosphorus support cell membrane integrity. Vitamin A provides a barrier function to protect against damage and infection. Phosphorus is an essential component of RNA and DNA and is a key component of cell structure and membranes. Vitamins E and C provide antioxidant protection to cells against damage from free radicals.†



Introduced in 1959

**GF**

**Content:**

40 capsules  
150 capsules

**Suggested Use:** Two capsules per meal, or as directed.

**Supplement Facts:**

Serving Size: 2 capsules  
Servings per Container: 20 or 75

	Amount per Serving	%DV
Calories	4	
Cholesterol	5 mg	2%
Vitamin A	230 IU	4%
Vitamin C	1.8 mg	4%
Vitamin E	1.7 IU	6%
Vitamin B <sub>12</sub>	5.8 mcg	100%
Phosphorus	18 mg	2%
Manganese	55 mg	2,750%

**Proprietary Blend:** 775 mg

Bovine bone, calcium lactate, dried pea (vine) juice, oat flour, bovine liver, veal bone PMG™ extract, beet (root), bovine kidney, inositol, nutritional yeast, dried beet (leaf) juice, dried buckwheat (leaf) juice†, buckwheat (seed), ribonucleic acid, carrot (root), sweet potato, bovine adrenal Cytosol™ extract, bovine spleen, ovine spleen, mushroom, para-aminobenzoate, soybean lecithin, and carrot oil.

Other Ingredients: Manganese lactate, gelatin, water, calcium stearate, colors, dicalcium phosphate, gum acacia, ascorbic acid, mixed tocopherols (soy), arabic gum, starch, sucrose (beets), vitamin A palmitate, and cyanocobalamin.

*Two capsules supply approximately: 375 mg manganese lactate, 70 mg pea vine juice, and 65 mg veal bone PMG™ extract.*

Sold through health care professionals.

*Please copy for your patients.*

**GF** This product contains less than 10 parts per million of gluten per serving size or less than 20 parts per million per the suggested use listed on each product label.

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



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## What Makes Ligaplex I Unique

### Product Attributes

Multiple nutrients from a variety of plant and animal sources

- › Supports connective tissue and the natural healing process in joints
- › Bovine and ovine tissues provide nutrients and support to the corresponding tissues in humans
- › Vitamins, minerals, and nutrients from plants and animal tissues work synergistically for maximum effect<sup>†</sup>

### Certified Organic Farming

A healthy ecosystem is created by using organic farming techniques, such as rotating crops, fertilizing the soil with nutrient-rich cover crops and byproducts from our processing, practicing strict weed-control standards, and continually monitoring the health of our plants

- › Assures the soil is laden with minerals and nutrients
- › Ensures plants are nutritionally complete and free from synthetic pesticides

### Unique Processing

Upon harvesting, nutrient-rich plants are immediately washed and promptly processed

- › Preserves nutritional integrity

### Low-temperature, high-vacuum drying technique

- › Preserves the enzymatic vitality and nutritional potential of ingredients

### Not disassociated into isolated components

- › The nutrients in Ligaplex I are processed to remain intact, complete nutritional compounds

Degreed microbiologists and chemists in our on-site laboratories continually conduct bacterial and analytical tests on raw materials, product batches, and finished products

- › Ensures consistent quality and safety

### Vitamin and mineral analyses validate product content and specifications

- › Assures high-quality essential nutrients are delivered

### Whole Food Philosophy

Our founder, Dr. Royal Lee, challenged common scientific beliefs by choosing a holistic approach of providing nutrients through whole foods. His goal was to provide nutrients as they are found in nature—in a whole food state where he believed their natural potency and efficacy would be realized. Dr. Lee believed that when nutrients remain intact and are not split from their natural associated synergists—known and unknown—bioactivity is markedly enhanced over isolated nutrients. Following this philosophy, even a small amount of a whole food concentrate will offer enhanced nutritional support, compared to an isolated or fractionated vitamin. Therefore, one should examine the source of nutrients rather than looking at the quantities of individual nutrients on product labels.

Studies on nutrients generally use large doses and these studies, some of which are cited below, are the basis for much of the information we provide you in this publication about whole food ingredients. See the supplement facts for Ligaplex<sup>®</sup> I.

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