



# 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 eight 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. Hypoallergenic plant fiber is derived from pine cellulose.

## Recommendations

Pure Encapsulations® recommends 2 capsules, 2 times daily, with 8-10 oz of water, with meals. Individual results may vary.

## 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)

Ligament Restore\*

four vegetarian capsules contain  00

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

*Contains shellfish (crab, shrimp)*

*Refrigerate after opening.*

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



BioCell Collagen™ is a trademark of BioCell Technology LLC,  
 Newport Beach, California USA (US Patents 6,025,327; 6,323,319;

6,780,841; 7,091,180; 7,799,348; 8,563,045

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease. 800-753-2277 | [PureEncapsulations.com](http://PureEncapsulations.com)

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