



# Healthy Ligaments & Tendons™\*

## Supports Elasticity and Strength\*

**Healthy Ligaments & Tendons™** is ideal for supporting flexible, elastic connective tissue, especially in the hands, wrists, elbows, shoulders, knees, and heels.\* **Healthy Ligaments & Tendons** contains a combination of ingredients to support:

- Flexibility and comfort
- Strong, stable ligaments and tendons
- Healthy connective tissue formation
- Healthy collagen production\*

**Recommendations:** Take 2 capsules daily, or as directed by your healthcare practitioner. If pregnant or nursing, consult a healthcare practitioner before use.

TRAACS™ is a trademark of Albion Laboratories Inc.

\* 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.

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# Healthy Ligaments & Tendons™\*

CLINICALLY STUDIED  
**BOSWELLIA**

60 Capsules

VEGAN NON-GMO DIETARY SUPPLEMENT

**SUPPLEMENT FACTS**  
Serving Size: 2 Capsules Servings Per Container: 30

Amount Per 2 Capsules (Veg):	%DV
Vitamin C (as ascorbic acid)	300 mg 333%
Niacin (Vitamin B3) (as niacinamide)	200 mg 1,250%
Vitamin B6 (as pyridoxal-5-phosphate)	40 mg 2,353%
Vitamin B12 (as methylcobalamin)	500 mcg 20,833%
Magnesium (from TRAACS™ Magnesium Bisglycinate Chelate Buffered and Magnesium Oxide)	75 mg 18%
Zinc (from TRAACS™ Zinc Bisglycinate Chelate)	10 mg 91%
Manganese (from TRAACS™ Manganese Bisglycinate Chelate)	36 mg 1,565%
Boswellia (Boswellia Serrata) Gum Resin Extract (BOS-10®) standardized to contain ≥ 70% Total Organic and Boswellic Acids with AKBA ≥ 10%, with ≤ 5% beta-boswellic acids	250 mg **
Bromelain (2,400 GDU/g)	100 mg **

\*\*Daily Value not established

**Other Ingredients:** hydroxypropyl methylcellulose (vegetable cellulose capsules), citric acid, mannitol, maltodextrin, silica, vegetable source magnesium stearate, cellulose powder.  
**No** sugar, salt, yeast, wheat, gluten, soy, dairy products, artificial coloring, artificial flavoring, or artificial preservatives. Manufactured by a cGMP compliant facility exclusively for: **EuroMedica** 955 Challenger Drive Green Bay, WI 54311 866-842-7256 euromedicausa.com

To stay healthy, you've got to keep moving. Your ligaments and tendons play a crucial role in keeping you active: connecting your muscles and bones. Take care of these important structures with **Healthy Ligaments & Tendons**, ideal for supporting flexible, elastic connective tissue, especially in the hands, wrists, elbows, shoulders, knees, and heels.\*

- Supports healthy connective tissue formation
- Helps support collagen production
- Promotes strong, stable ligaments and tendons\*

### Optimal ingredients to keep you moving:

- **Vitamin B6 as pyridoxal-5-phosphate (P-5-P)** does not need to be converted by the liver. It is already in the bioactive form, so no benefits are lost. It supports proper muscle function and muscle relaxation.\*
- **Vitamin B12 as methylcobalamin** is also a bioactive form that supports healthy nerve function and energy levels.\*
- **Niacinamide** is a gentle form of **niacin** that supports healthy DNA and cellular structure and is a strong antioxidant, protecting against free-radical damage.\*

- **Vitamin C** supports the structure of collagen and defends tissue against harmful oxidation.\*
- **Boswellia** supports lubrication of the joints and is screened to reduce beta-boswellic acid content to less than 5%, and provides at least 10% or more acetyl-11-keto-beta-boswellic acid (AKBA)—unstandardized boswellia can have as little as 1% AKBA.\*
- **Bromelain**, an enzyme from pineapple, supports healthy muscle tissue structure.\*

### Chelated minerals for excellent absorption:

- **Magnesium** supports cellular energy throughout the body. Magnesium in its chelated form is highly absorbable and aids in the utilization of pyridoxal-5-phosphate.\*
- **Manganese** activates a wide range of enzymes and is necessary for supporting healthy collagen structure, the major component in ligaments and tendons.\*
- **Zinc** supports healthy cellular repair and tissue function in the ligaments and tendons.\*

To view all our products, go to: [euromedicausa.com](http://euromedicausa.com)

## Frequently Asked Questions for Healthy Ligaments & Tendons™\*:

### Q: What are tendons and ligaments?

A. Tendons are parallel bands of tissue, the connectors between your muscles and bones. They help you walk, sit, reach, and lift. Tendons are anchors. When your muscle contracts, the tendon pulls the bone into place. Ligament tissue is crisscrossed, connecting bone to bone, and supports and stabilizes the joint.

### Q: Can I take Healthy Ligaments & Tendons with Curaphen® or other products with curcumin?

A. Yes. In fact, Curaphen is an excellent foundation product to use with Healthy Ligaments & Tendons.\* The curcumin used in each product is safe to use every day.

### Q: Why is the boswellia screened to reduce beta-boswellic acid?

A. While most boswellic acids are associated with positive benefits, not all of them truly are best when you're trying to support an active lifestyle. By ensuring at least 10% or more acetyl-11-keto-beta-boswellic acid (AKBA) and screening beta-boswellic acid to less than 5%, our boswellia is able to provide much greater benefit than most standard boswellic extracts, some of which have up to 15-25% beta-boswellic acid and as little as 1% AKBA!

### What to Pair with Healthy Ligaments & Tendons™\*:

- **Curaphen®** – A blend of the most clinically studied, enhanced bioavailable curcumin, boswellia, DL-phenylalanine, and nattokinase, for powerful benefits. This is the perfect foundational product for anyone who is looking to stay in shape.
- **EurOmega-3®** – Provides bioidentical Omega-3 exclusively from salmon with DHA/EPA in a biologically active, phospholipid form, ensuring absorption and improved stability.
- **Collagen Joint Complex** delivers five powerful nutrients that support cartilage and collagen—the “shock absorbers” of your knees, ankles, lower back, and hips—for strong, flexible joints.\*