

Orthomol Tendo Granules 15 Envelopes

EAN: 8470001684950 FABRICANTE: ORTHOMOL



Food supplement that contains micronutrients for connective tissue, such as tendons.

DESCRIPTION

What is Orthomol® Tendo?

Orthomol® Tendo is a food supplement. With manganese and copper for the formation and normal maintenance of connective tissue. Manganese contributes to the normal formation of connective tissue. Copper contributes to the maintenance of connective tissue under normal conditions. Vitamin C contributes to the normal formation of collagen for the normal functioning of cartilage and bones. With hydrolyzed collagen, enzymes (bromelain, papain) and omega-3 fatty acids. Omega-3 fatty acids, especially EPA and DHA, are present in a high concentration in fish oil. EPA and DHA are polyunsaturated fatty acids that are also part of cell membranes. Instructions for use Take the contents of one sachet dissolved in 150 - 200 ml of still water daily during or after a meal together with the omega-3 fatty acid capsules. It is recommended to take the enzyme tablet half an hour before a meal. Micronutrients are necessary every day; Regular use is recommended.

Orthomol tendo has the micronutrients necessary for the **metabolism** and **synthesis of collagen** : chondroitin sulfate, glucosamine, hyaluronic acid and hydrolyzed collagen and other micronutrients essential for the normal formation of **connective tissue** such as vitamin C, vitamin E and manganese. It also contains Omega 3 fatty acids and enzymes (bromelain and papain).

How to use

Take the contents of one sachet daily (= daily ration), dissolved in 150 ml of still water or fruit juice during or after a meal, together with Omega-3 fatty acid capsules. It is recommended to take the enzyme tablet at least half an hour before a meal.

What is the composition of Orthomol Tendo Granules?

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<https://bio-farma.es/buy/f/orthomol/orthomol-tendo-granules-15-envelopes>





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| Vitaminas | Por ración diaria | % VRN** |
|------------------------------------------|-------------------|---------|
| Vitamina A, que incluye de beta-caroteno | 1.042 µg ER° | 130 |
| Vitamina D | 667 µg ER° | |
| Vitamina E | 15 µg (600 UI°°) | 300 |
| Vitamina C | 70 mg α-ET°°° | 583 |
| Tiamina (Vitamina B1) | 530 mg | 663 |
| Riboflavina (Vitamina B2) | 4 mg | 364 |
| Niacina | 5 mg | 357 |
| Vitamina B6 | 30 mg EN* | 188 |
| Ácido fólico | 5 mg | 357 |
| Vitamina B12 | 400 µg | 200 |
| Biotina | 9 µg | 360 |
| Ácido pantoténico | 150 µg | 300 |
| 18 mg | | 300 |
| Minerales | Por ración diaria | % VRN** |
| Magnesio | 100 mg | 27 |
| Zinc | 5 mg | 50 |
| Cobre | 1 mg | 100 |
| Manganeso | 2 mg | 100 |
| Selenio | 50 µg | 91 |
| Molibdeno | 50 µg | 100 |
| Otras sustancias | Por ración diaria | % VRN** |
| Sulfato de glucosamina | 800 mg | *** |
| Condroitín sulfato | 300 mg | *** |
| Ácido hialurónico | 50 mg | *** |
| Hidrolizado de colágeno | 5 g | *** |
| Extracto de manzana | 50 mg | *** |
| Bioflavonoides cítricos | 25 mg | *** |
| Luteína | 800 µg | *** |
| Licopeno | 200 µg | *** |
| Astaxantina | 200 µg | *** |
| Bromelaína | 500 U**** | *** |
| Papaína | 185 U**** | *** |
| Ácidos grasos omega 3, que incluye | 750 mg | *** |
| Ácido eicosapentaenoico (EPA) | 470 mg | *** |
| Ácido docosahexaenoico (DHA) | 200 mg | *** |

ER = Equivalentes Retinol Internacionales IEs = Alfa Equivalentes - Tocoferol
 *EN = Equivalentes Niacina i ** VRN= Valor Referencia de Nutrientes I *** Record

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What are the ingredients of Orthomol Tendo Granules?

Dextrose, hydrolyzed collagen (from beef) (26%), maltodextrin, acidulant (citric acid), D-glucosamine sulfate (from **crustaceans**), **fish** oil (5.3%), L-ascorbic acid, magnesium carbonate, chondroitin sulfate, gelatin (from beef), humectant (glycerin), bulking agent (calcium phosphate), DL alpha-tocopheryl acetate, bulking agent (microcrystalline cellulose), flavor, hyaluronic acid from chicken extract, papaya extract (*Carica papaya*) 0.4% papain, pineapple extract (*Ananas comosus*) 0.7% bromelain, sodium hyaluronate, apple extract (*Malus sp .*) (0.3%), anti-caking agent (silicon dioxide), zinc gluconate , sweetener (acesulfame K), bioflavonoids from citrus extract (*Citrus sp .*), nicotinamide, emulsifier: lecithins (**soy**), calcium D-pantothenate, anti-caking agent (cross-linked sodium carboxymethylcellulose), pyridoxine hydrochloride, manganese sulfate, riboflavin, mononitrate thiamine, color (iron oxides), beta-carotene, coating agent (ethylcellulose), anti-caking agent (magnesium salts of fatty acids), cupric sulfate, stabilizer (sodium alginate), coating agent (hydroxypropylcellulose), coating agent (hydroxypropylmethylcellulose), anti-caking agent (talc), astaxanthin, lutein (from *Tagetes erecta* extract), retinyl acetate, color (calcium carbonate), pteroylmonoglutamic acid, lycopene (from *Solanum lycopersicum*), D-biotin, sodium molybdate, sodium selenate , cholecalciferol, cyanocobalamin.

Warnings

- Do not take during pregnancy and lactation.
- With medications that affect blood coagulation, coagulation parameters should be checked at frequent intervals, particularly at the beginning and end of treatment.
- In glycemie disorders, administer under metabolic controls.

Important observations

? In case of glucose tolerance disorders, use only under careful metabolic control (8.2 g of carbohydrates per daily serving).

? Orthomol® Tendo is not recommended during pregnancy and lactation, nor in children due to the lack of studies on the use of glucosamine and chondroitin during these periods.

? If you take medications that affect blood coagulation, coagulation parameters should be checked at frequent intervals, particularly at the beginning and end of treatment.

? Do not exceed the recommended daily dose.



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- ? Food supplements should not be used as substitutes for a balanced and varied diet and a healthy lifestyle.
 - ? Keep out of the reach of little kids. Other useful information ? Orthomol® Tendo is lactose and gluten free.
 - ? Due to the content of riboflavin (vitamin B2), urine may appear yellow.
 - ? The product contains beta-carotene which has a strong coloring effect. Some stains, for example on clothing, are difficult to remove.
 - ? When taking Orthomol® Tendo, in isolated cases, slight belching may occur due to the fish oil content (Omega-3 fatty acids) in the capsules.
 - ? The gelatin included in this product is of bovine origin.

Storage

Store Orthomol® Tendo in a cool, dry place.

