

## Orthomol Tendo Granules 30 Envelopes

EAN: 8470001684967 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 the 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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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 pantotámico	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 glycemical 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.

