

LIGA-PN

Ingredients: Shark Cartilage 50mg, N-Acetyl Glucosamine 10mg, Bromelain 10mg, Valerian 50mg, Fever Few 150mg, Passion Flower 50mg, Scullcap 25mg, White Willow 100mg, Magnesium Citrate 150mg, Calcium Lactate 100mg, Turmeric 10mg, Vitamin B-6 10mg, Oregano 10mg, Marjoram 10mg, Thyme 10mg, Basil Powder 10mg, Ginger 10mg, Suma 10mg, Manganese Chelate 15mg, Molybdenum Chelate 50mcg.

Supportive Function: Amazing nutritional support for tissues damaged by injury and overuse, Liga-PN is a complex of soothing, calming herbs and nutrients. Liga-PN is a popular supplement often chosen by those affected by overworked muscles/ligaments. Great support for cramping and menstrual symptoms.

When is ligament support and calming herbs helpful? Conditions involving pain and/or inflammation, i.e. trauma, injury, PMS, headache, muscle/ligament pain, laxity of ligaments (helps hold an adjustment).

Clinical Applications/Research: Valerian Root: Valerian is called, "nature's tranquilizer." It contains valepotriates, which seem to be active ingredients in calming the nervous system.

White Willow Bark: White willow bark, or salicin, is the forerunner of aspirin, which is technically known as acetylsalicylic acid. In ancient times, chewing on pieces of this bark were known to alleviate pain and symptoms of inflammation; however, white willow bark does not involve the side effects of aspirin and other anti-inflammatory drugs, (i.e. ibuprofen, indomethacin, etc.), such as stomach upset, cartilage destruction, headaches and dizziness.

Scullcap: Scullcap is a sedative for muscle spasms and convulsions, and reduces heart and joint inflammation (Heinerman, John. Heinerman's Encyclopedia of Fruits, Vegetables and Herbs, 1988. Parker Publishing, West Nyack, NY p. 327).

Passionflower: Passionflower is known for its calming effects.

Bromelain: Extracted from pineapple, bromelain is an enzyme which "has therapeutic effects in the treatment of inflammation" (Med. Sci. Sports Ex. 1992; 24:20-5). Bromelain has been shown in many studies to aid the body's response to inflammation and swelling.

Magnesium: Magnesium has many roles in the body; one of the major roles is involved in muscle relaxation.

Feverfew: Feverfew is an herb which some have suggested be called, "headache-few." It works in the prevention and treatment of migraine headaches, and is most effective in prevention. It contains compounds called parthenolides, which help control the expansion and contraction of blood vessels in the brain (Wild R, ed. The Complete Book of Natural and Medicinal Cures. 1994. Rodale Press, Emmaus, PA p. 295). Feverfew is contraindicated in pregnancy.

Calcium: Calcium functions in many biochemical reactions, and is especially important for the contraction-relaxation phase of muscles. Magnesium acts synergistically with calcium in this phase.

Testimonials/Nutrient Tidbits: **A doctor reports**...amazing formula for joint pain and muscle spasm. I will sometimes give a dose as high as 3 tablets every 3 hours for 2 days and then dramatically drop the dosage.

Most doctors report...excellent product for pain and even for PMS!

Another doctor reports...Liga-PN relieved the muscle spasm in a locked-up neck. Range of motion dramatically improved within a few hours from no range to being able to turn the neck freely to the right and left.

A doctor reports...I had a patient with Ankylosing Spondilitis who responded wonderfully to a protocol of Total Multimune, Total GHR, and Liga-PN – Dr. Sigh, Loveland, CO.

Suggested Dosage: 1-2 tablets 3 times daily; in case of injury, take 2 every hour (up to 12 per day) for first 3 days of injury.

Size: 60 tablets

Vegetarian: No

Contraindications: Feverfew and ginger should not be taken in large doses with anticoagulant drugs (small amounts are included in this formula). Do not take during pregnancy.