



## Sanct Bernhard Sport Fascia-Fit for ligaments and tendons

Nutritional supplement with collagen hydrolyzate (Tendoforte®), vitamin C, manganese, vitamin B2 and sweeteners

**Useful information:** Athletes and others, who want to remain physically active until old age, depend on a healthy, functioning musculoskeletal system. The fascia is often forgotten; it is a cohesive network of collagenous connective tissue, ligaments and tendons that goes through the entire human body and plays an important role in mobility and stability. Strain, chronic stress and clumsy movements during exercise or in everyday life can cause strain on the fascia, ligaments and tendons, restricting mobility in the short-term or permanently. Together with targeted sports exercises, Fascia-Fit can help to keep the body's own connective tissue, including ligaments and tendons, healthy and functional. A clever combination of bioactive collagen peptides (Tendoforte®) with vitamin C, manganese and vitamin B2 supports the preservation of the functional structure of fascia, ligaments and tendons. Vitamin C has been proven to contribute to collagen formation and manganese to normal connective tissue formation. Vitamin B2 supports the body's normal energy metabolism.

**Ingredients:** Collagen Hydrolyzate (75%), Dextrose, Citric Acid acidifier, Natural Orange Flavour, Maltodextrin, Orange Juice Concentrate, Vitamin C, Silica release agent, Steviol Glycoside from Stevia sweetener, Vitamin B2, Manganese Sulfate.

	per sachet (=daily dose)	% of NRV recommended daily dose*
Collagen hydrolyzate (Tendoforte®)	5,000 mg	**
Vitamin C	110 mg	138
Manganese	0.42 mg	21
Vitamin B2	1.5 mg	107

\*NRV = Nutrient Reference Value for daily consumption according to Regulation (EU) No. 1169/2011

\*\* no reference value available yet

**Recommended intake:** Dissolve the contents of one sachet in water (approx. 200 ml) and drink 1 x daily. Regular use over a longer period (at least 3 months) is recommended. Not suitable for pregnant and breastfeeding women.

Nutritional supplements should not be used as a replacement for a balanced, varied diet, and do not replace a healthy lifestyle. Keep out of reach of young children. Do not exceed the recommended daily dose.

Keep dry and out of direct sunlight. Store below 25°C.

Made in Germany

**Contents: 30 sachets** with 6.7 g each

**Total weight 201 g**

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[www.sanct-bernhard-sport.com](http://www.sanct-bernhard-sport.com)