

**Brand: Tendolock™**

**Dosage Form: Oral Tablet**

**1. Composition: Each Tablet Contains**

- **Collagen Peptide Type 1 – 40 mg**
- **Chondroitin Sulfate – 200 mg**
- **Elemental Magnesium – 45 mg**
- **Sodium Hyaluronate – 30 mg**
- **Curcumin Longa – 250 mg**
- **Vitamin C – 35 mg**
- **Vitamin D3 – 400 IU**

**2. Mechanism of Action of Tendolock™ :**

- **Collagen Type 1 provides structural integrity to tissues (skin, bones, tendons).**
- **It supports tissue repair by forming a scaffold for new tissue growth.**
- **It plays a role in cell signalling, aiding in cell attachment and regulating cell function.**
- **Collagen Type 1 interacts with other collagens and matrix proteins to maintain the strength and elasticity of tissues.**

**3. Therapeutic Indications of Tendolock™ :**

- **Supports joint, bone, and connective tissue health.**
- **Aids in maintaining skin elasticity and hydration.**
- **Reduces symptoms of osteoarthritis and joint discomfort.**
- **Provides anti-inflammatory effects for overall musculoskeletal health.**
- **Enhances calcium absorption and supports bone density.**
- **Promotes antioxidant protection and supports the immune system.**

**4. Pharmacodynamics & Mechanism of Action of of Tendolock™ :**

**Collagen Peptide Type 1: Type 1 collagen is a key component of skin, tendons, and bones. Supplementation may help improve skin elasticity and hydration, and support the regeneration of connective tissues.**

- **Chondroitin Sulfate: Helps maintain cartilage structure, lubricates joints, and may reduce joint pain and inflammation by inhibiting cartilage breakdown.**
- **Elemental Magnesium: Magnesium is essential for bone health as it aids in the absorption of calcium and supports muscle function. It may help reduce muscle cramps and stiffness, promoting overall bone and muscle health.**
- **Sodium Hyaluronate: A form of hyaluronic acid that helps retain moisture and lubricate the joints. It supports tissue hydration and elasticity, helping maintain joint flexibility and reducing pain.**

- **Curcumin Longa (Turmeric extract):** A powerful antioxidant with strong anti-inflammatory effects, curcumin helps reduce inflammation in joints, muscles, and tissues, contributing to pain relief and enhanced mobility.
- **Vitamin C:** An essential vitamin for collagen synthesis, vitamin C aids in the maintenance of connective tissues, skin health, and wound healing. It also has antioxidant properties.
- **Vitamin D3:** Vitamin D3 is crucial for calcium absorption and bone health. It helps regulate calcium and phosphate levels, ensuring proper bone mineralization and supporting immune function.

#### **5. Dosage and Administration of Tendolock™ :**

- **Recommended Dose:** 1 tablet daily or as directed by a healthcare provider.
- **Take with or without food,** preferably with a glass of water for optimal absorption.

#### **6. Contraindications of Tendolock™ :**

- **Hypersensitivity to any of the ingredients.**
- **Pregnancy and breastfeeding (unless advised by a healthcare professional).**
- **People with kidney issues should consult a doctor before using this product, especially regarding magnesium and vitamin D.**

#### **7. Precautions and Warnings:**

- **Consult a healthcare provider before using this product if you have any chronic health conditions, such as heart disease, kidney problems, or liver disease.**
- **Magnesium may cause gastrointestinal discomfort (e.g., diarrhoea) in sensitive individuals.**
- **Discontinue use and consult a healthcare provider if any allergic reactions occur, such as skin rash or swelling.**
- **If taking other calcium or vitamin D supplements, consult with a healthcare provider to avoid excessive intake.**

#### **8. Side Effects:**

- **Gastrointestinal discomfort (bloating, diarrhoea, or constipation), especially with magnesium supplementation.**
- **Allergic reactions (rash, itching, swelling) are rare but possible, especially to collagen or curcumin.**
- **Headache, dizziness, or fatigue (from magnesium or vitamin D3 in sensitive individuals).**
- **Nausea may occur in some cases, especially if taken on an empty stomach.**

#### **9. Drug Interactions:**

- **Blood Pressure Medications:** Magnesium may interact with medications used to control blood pressure, so monitoring is recommended.
- **Anticoagulants (Blood Thinners):** Curcumin may have mild anticoagulant effects, so caution should be exercised when used with blood-thinning medications.

- **Calcium Supplements:** If using other calcium supplements, avoid taking excessive amounts of magnesium or vitamin D without professional guidance.
- **Bisphosphonates:** If using bisphosphonates for osteoporosis, consult a healthcare provider before using this product, as there may be interactions.

**10. Storage Conditions:**

- Store in a cool, dry place, away from direct sunlight, at a temperature not exceeding 25°C (77°F).
- Keep out of reach of children.

**11. Shelf Life:**

- 2 to 3 years from the date of manufacture.

**12. Packaging:**

- Each Alu-Alu strip of Tendolock™ contains 10 tablets in a mono-carton box.
- Each box of Tendolock™ contains 10 mono carton box contains 1 strip each.

**Note:** This summary provides general prescribing information.