

TENDOFORTE®

For Connective Strength



STRENGTHEN TENDON & LIGAMENTS

- CLINICALLY SHOWN TO REDUCE RISK OF INJURY
- INCREASE OF TENDON STRENGTH AND FLEXIBILITY
- FASTER RETURN-TO-TRAINING



PRIMARY STRUCTURAL PROTEINS OF CONNECTIVE TISSUES

Collagen is made up of 30% human protein. Collagen is crucial for mobile joints, stable bones, healthy muscles, strong ligaments and tendons, smooth skin, even glossy hair and healthy finger nails. It is one of the primary structural proteins of connective tissues and also abundant in blood vessels, intervertebral discs, the blood-brain barrier, the cornea, dentin and the intestinal wall – a vital component of our whole body.

BIOACTIVE COLLAGEN PEPTIDES® STIMULATE COLLAGEN METABOLISM

GELITA Bioactive Collagen Peptides® (BCP) are a composition of different specific peptides optimised for specific physiological benefits. The peptides are derived from a highly controlled production process of collagen which is determined by hydrolysis conditions. As a result, GELITA Bioactive Collagen Peptides® differ in physiological functionality. They are optimized to maximise the stimulation of human cell types involved in collagen biosynthesis.



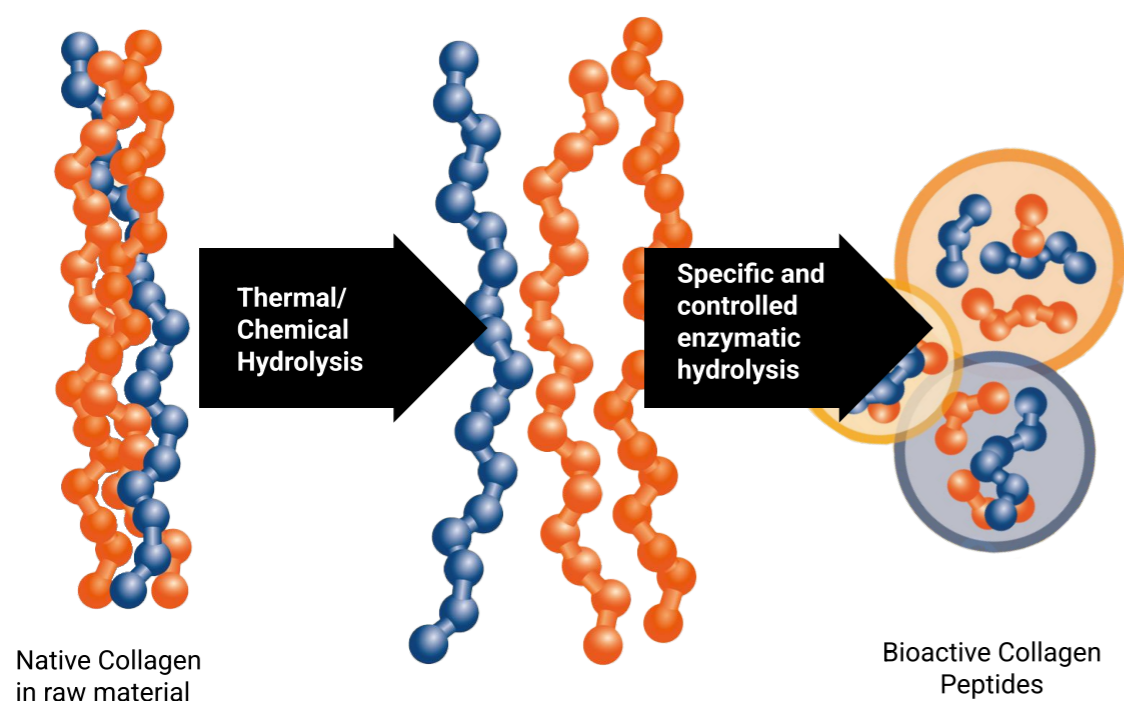
The effect of collagen peptides on increased extracellular matrix synthesis is based on two mechanisms:

- 1) Supply of typical collagen amino acids as valuable building blocks
- 2) Stimulate cell synthesis

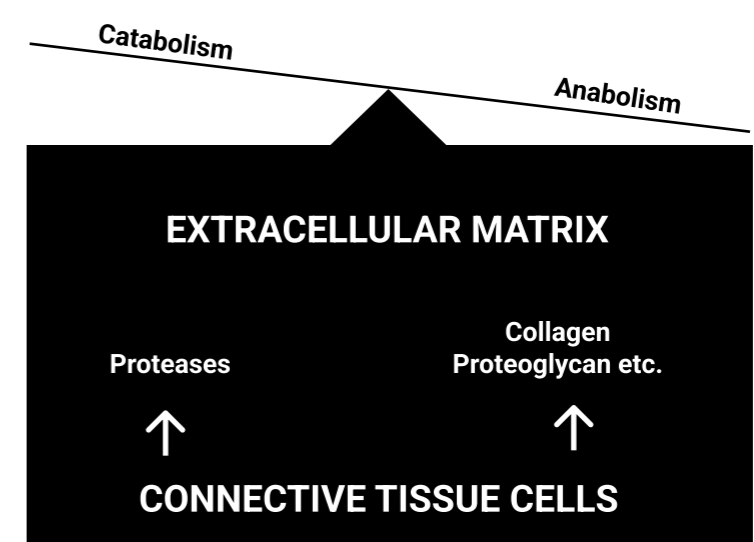
BIOACTIVE COLLAGEN PEPTIDES®

SKIN HEALTH	FIBROBLASTS	VERISOL®
JOINT HEALTH	CHONDROCYTES	FORTIGEL®
BONE HEALTH	OSTEOBLASTS/ OSTEOCLASTS	FORTIBONE®
BODY TONING	MUSCLE CELLS	BODYBALANCE®
LIGAMENTS/TENDONS	LIGAMENTS/TENDONS	TENDOFORTE®

NATIVE COLLAGEN IS SPLIT



EXTRACELLULAR MATRIX



TENDONS AND LIGAMENTS DETERMINE MOBILITY

Strong tendons and ligaments are crucial for lifelong wellness and physical activity.

Ligaments bind bones together and tendons bind muscle to bone. Made of collagen, they are the connecting elements of the body, crucial for movement control, stability, and better mobility.

For athletes, acute soft-tissue injuries, those affecting muscles, tendons and ligaments, are extremely common and result from fibre degeneration or commonly known as overuse. These injuries are frustrating for athletes as they are slow to recover.

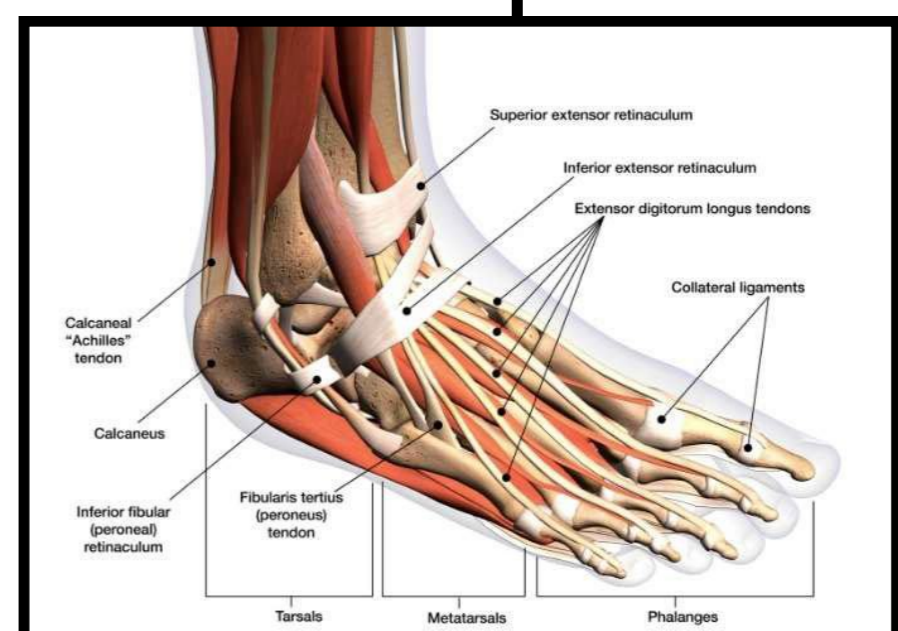
Whether running, cycling or lifting weights; strength, power, speed and endurance performance is dependent on strong tendons and ligaments.

High performing tendons and ligaments combine both strength and flexibility allowing athletes to remain functional at top speeds and power for longer. Collagen fibres can provide them the right elasticity for optimal function and performance, especially when aging.



TENDOFORTE® STRENGTHENS LIGAMENTS AND TENDONS

TENDOFORTE®, Bioactive Collagen Peptides® from GELITA, are specifically designed to increase the health and quality of ligaments and tendons. Pre-clinical and clinical trials show the positive effects of TENDOFORTE®, especially when combined with physical activity. The risk of injury decreases considerably, whilst flexibility improves. TENDOFORTE® is also clinically tested to significantly strengthen tendons and ligaments.



CLINICAL RESEARCH

TENDOFORTE® AS AN EFFECTIVE NUTRITIONAL INTERVENTION FOR STRONG TENDONS AND LIGAMENTS

Strong tendons and ligaments contribute to the foundation of high physical performance and fast return-to-training in athletes. They are also the prerequisite for the fluid and flowing motion required in isometric, high flexibility exercises, such as yoga and Pilates.

The strength of tendons and ligaments depends on an intact composition of the extracellular matrix collagens, proteoglycans and elastic fibers. TENDOFORTE® is a Bioactive Collagen Peptide®, optimised to stimulate the biosynthesis of new extracellular matrix molecules for healthy tendons and ligaments.

Hijlkema A, Roozenboom C, Mensink M, Zwerver J. The impact of nutrition on tendon health and tendinopathy: a systematic review. J Int Soc Sports Nutr. 2022 Aug

TENDOFORTE® BENEFITS THE BIOSYNTHESIS OF MATRIX MOLECULES OF TENDONS AND LIGAMENTS

A first experiment in-vitro observed that Fibroblasts, obtained from human ligaments and Achilles tendons, were able to produce significantly more tissue matrix (1.2 to 2.4-fold) when directly exposed to the Bioactive Collagen Peptides® found in TENDOFORTE®.

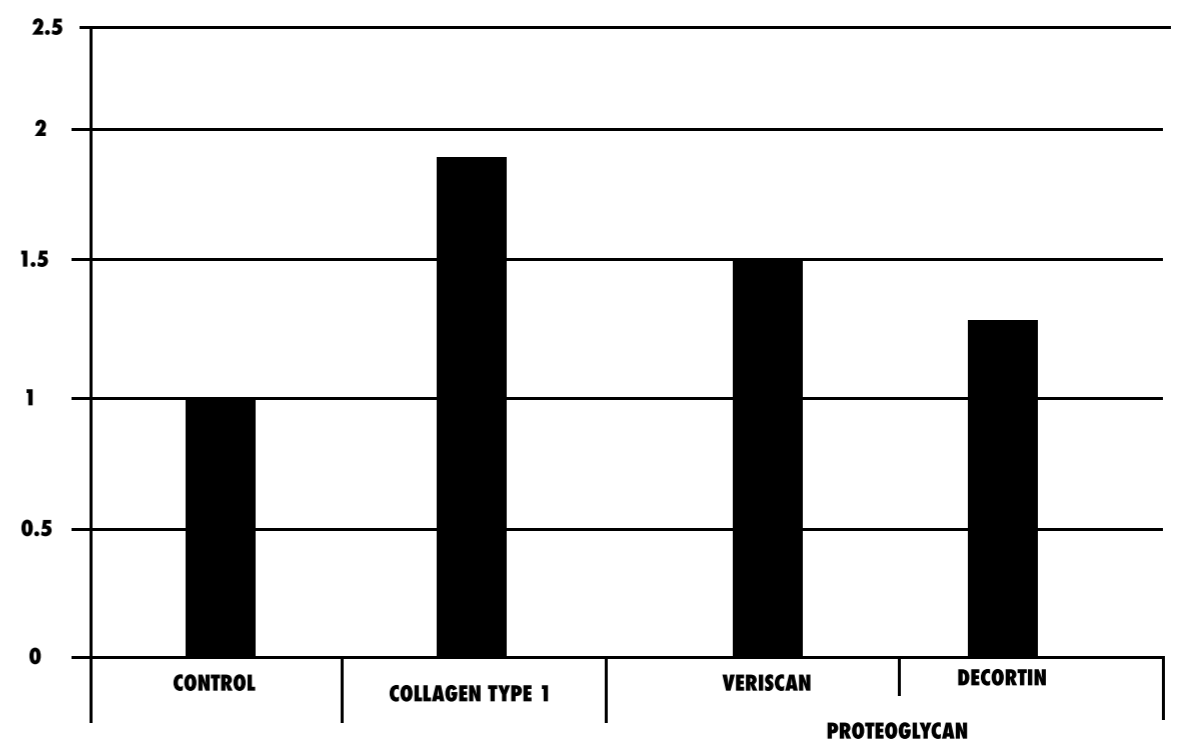
The RNA expression of collagen significantly increased, and the synthesis of elastin - the most prominent component of the ligament matrix - increased by approximately 50%.

The break-down of tissue was also reduced.

This was the first study to suggest a role for Bioactive Collagen Peptides® in reducing the risk of injuries and rupture of ligaments and tendons.

Schunck M, Oesser S. Specific collagen peptides benefit the biosynthesis of matrix molecules of tendons and ligaments. J Int Soc Sports Nutr. 2013 Dec

SIGNIFICANT EXPRESSION OF EXTRACELLULAR MATRIX MOLECULES WITH BIOACTIVE COLLAGEN PEPTIDES



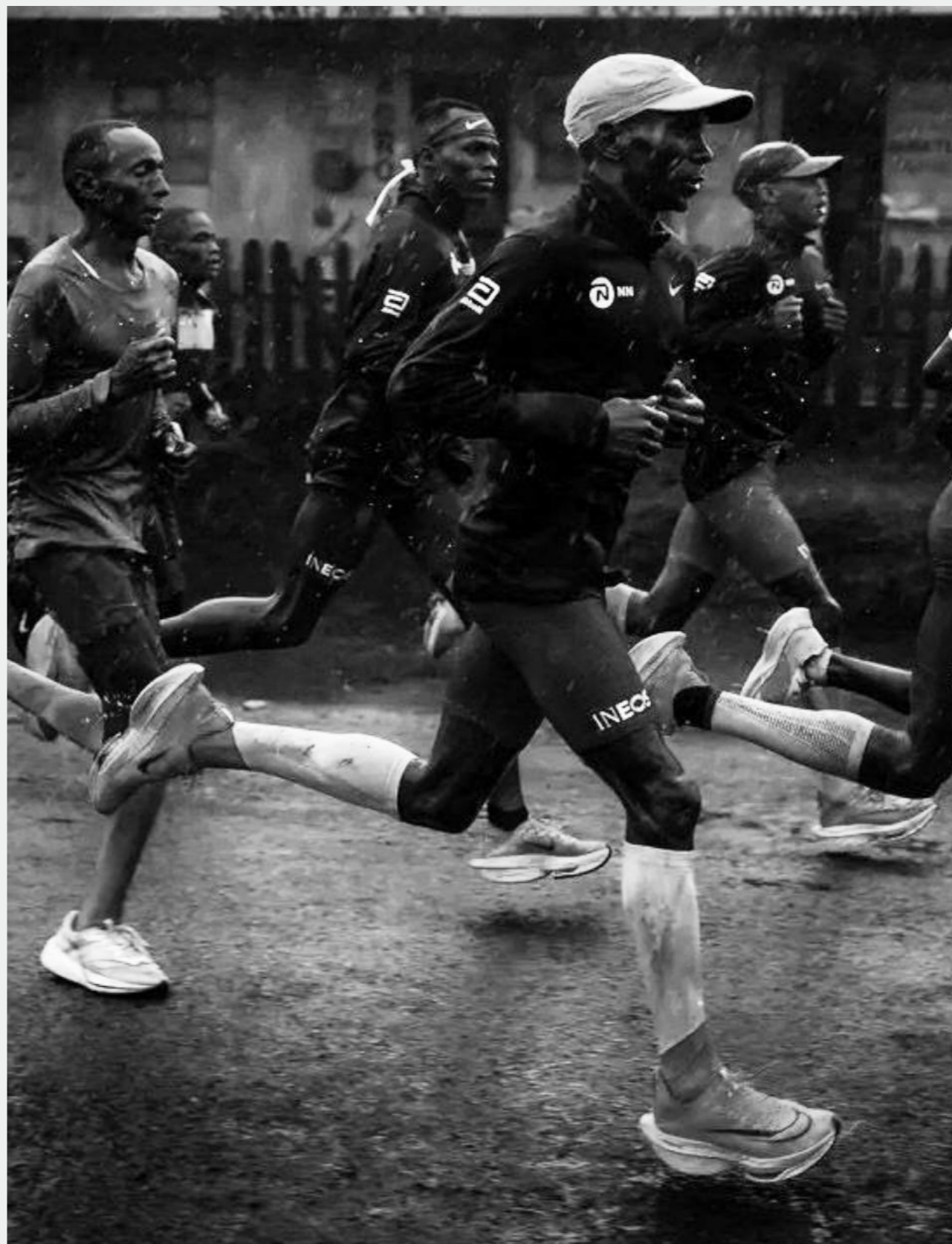
TENDOFORTE® IMPROVES EXTENSION PROPERTIES OF THE FINGER JOINTS

In one of the first clinical trials to look at a nutritional intervention for connective tissue weaknesses, the oral ingestion of specific collagen peptides were shown to improve the extension properties of the finger joints, due to firmer ligaments.



TESTED BY THE AUSTRALIAN INSTITUTE OF SPORT

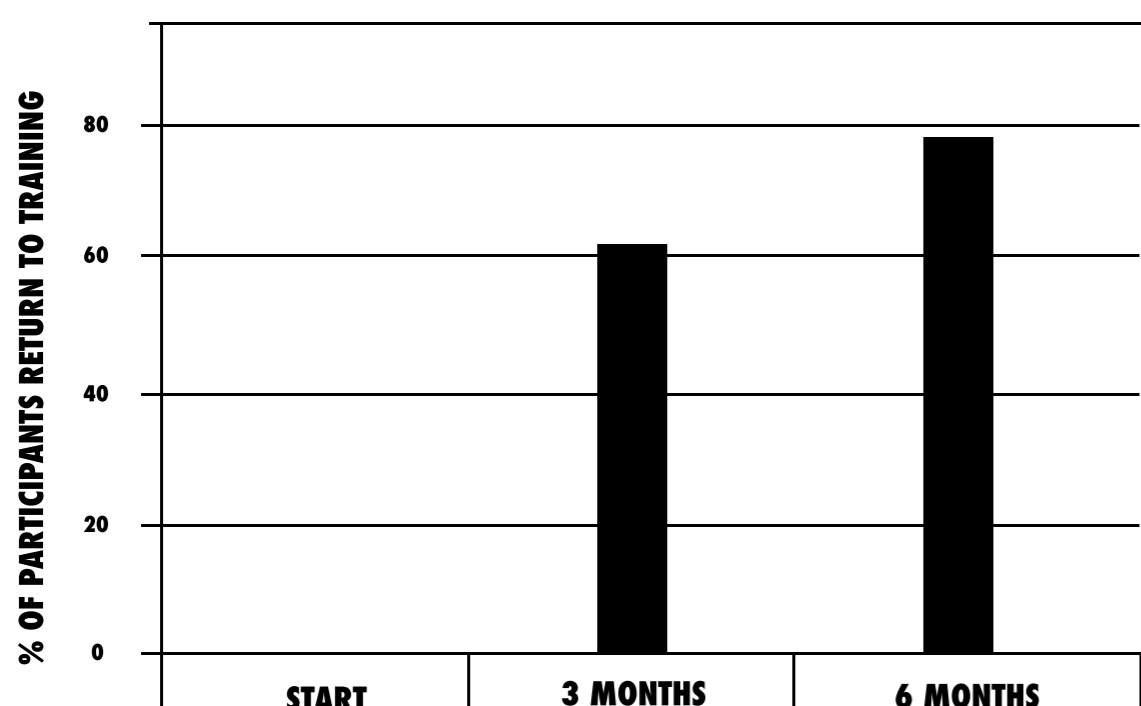
A study of the Australian Institute of Sport (AIS) examined the benefits of TENDOFORTE® supplementation over a period of 6 months (cross-over design). The participants were 20 subjects with long-term symptoms of chronic Achilles tendinopathy, not responding to any traditional therapies and being unable to train. Within 3 months, 12 out of 20 participants were able to return to running after starting a therapy with daily intake of 5 g TENDOFORTE® in combination with a highly specialised exercise program. Furthermore, the effect is long-term. The group starting with TENDOFORTE® in the cross-over design still had beneficial effects after the 3 months wash-out phase.



REDUCED INJURIES DUE TO IMPROVED ANKLE STABILITY

In 2017, a randomised controlled study examined the effect of TENDOFORTE® on 60 men and women with ankle point instability over a period of 6 months. The daily intake of 5 g TENDOFORTE® showed a significant improvement of ankle stability during daily activity and during sports as well as significantly less injuries.

AIS STUDY - PARTICIPANTS STARTING WITH TENDOFORTE SUPPLEMENTATION RETURNED TO RUNNING, FASTER



IF YOU HAVE FURTHER QUESTIONS OR WOULD LIKE TO ARRANGE A PRODUCT TRAINING SESSION FOR YOURSELF AND RETAIL TEAM PLEASE REACH OUT TO:

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