

# COLLAGEN

## Collagen Peptides to Support Healthy Skin, Bones, and Joints\*

Collagen is an unflavored blend of collagen peptides to support healthy skin, bones, and joints.\* This concentrated dietary source of collagen is an excellent choice to support high protein intake with a host of health benefits.\*

Benefits of supplementing with Collagen may include:

- Promotes healthy skin appearance\*
- Promotes healthy nails\*
- Support for healthy joints\*
- Support for healthy bones\*

## How Collagen Works

Collagen is the primary source of protein in our body, found in connective and fibrous tissues. It is integral in connecting parts of the body, including tendons, ligaments, skin, bone, and cartilage.<sup>12</sup>

Collagen is an amino acid built from peptide chains and is a concentrated source of proline, glycine, and hydroxyproline.<sup>3,4</sup>

Collagen contains Fortigel<sup>®</sup>, Fortibone<sup>®</sup>, Tendoforte<sup>®</sup>, and Verisol<sup>®</sup> collagen peptides to promote vibrant skin and nails while also supporting healthy joints, bones, ligaments, and tendons.\* Fortigel<sup>®</sup> promotes joint health.\* Fortibone<sup>®</sup> promotes bone health.\* Tendoforte<sup>®</sup> promotes healthy ligaments and tendons.\* Verisol<sup>®</sup> supports skin and nail health.\*

### Healthy Skin and Nails

Collagen production decreases as we age, resulting in dry skin and brittle nails.<sup>5,6,7</sup> Collagen peptides such as Verisol<sup>®</sup> may help support elasticity and hydration of the structural components of skin and nails.<sup>5,6,7,8</sup> Clinical studies demonstrate oral supplementation with collagen helps promote healthy skin and nails by stimulating natural collagen production processes along with other proteins in the body.<sup>9,10,11</sup>

### Healthy Joints

Healthy joints are protected by cartilage. Collagen supports the integrity of cartilage, but unfortunately, collagen production decreases as we age.<sup>12</sup> Dietary sources of collagen such as Fortigel<sup>®</sup> may help support this symbiotic relationship.<sup>13,14</sup> Clinical studies demonstrate supplemental collagen's ability to help promote healthy cartilage production and support healthy joints.<sup>13,14</sup>



GLUTEN-FREE



DAIRY-FREE



NON-GMO



cGMP FACILITY

## How Collagen Works Continued

### Healthy Bones, Ligaments, and Tendons

Healthy bones, ligaments, and tendons are the result of healthy collagen in the skeletal system. Collagen in the bones, ligaments, and tendons supports flexibility, elasticity, and mobility.<sup>\*15, 16</sup> Dietary sources of collagen, such as Fortibone® and Tendoforte®, may help promote healthy bones, ligaments, and tendons.\* Clinical studies demonstrate supplemental collagen's ability to help promote healthy bone collagen matrix.<sup>\*15, 16</sup>

### Why Use Collagen?

Collagen is the ideal nutritional supplement for individuals looking for a comprehensive formula to support concentrated dietary collagen intake.\* This easy-to-mix unflavored powdered formula is a rich source of collagen peptides to support healthy skin, nails, joints, bones, ligaments, and tendons.\*

## Supplement Facts

Serving Size: About 1 Scoop (17.5g)

Servings Per Container: About 30

	Amount Per Serving	%DV
Calories	60	
Protein	15 g	
Sodium	35 mg	2%
Collagen Peptides	17.5 g	
Gelatin Hydrolysate (FORTIGEL®)	5 g	**
Gelatin Hydrolysate (FORTIBONE®)	5 g	**
Gelatin Hydrolysate (TENDOFORTE®)	5 g	**
Gelatin Hydrolysate (VERISOL®)	2.5 g	**

**Other Ingredients:** Bovine Collagen Peptides. FORTIGEL®, FORTIBONE®, TENDOFORTE®, and VERISOL® are registered trademarks of GELITA AG.

**Directions:** Shake canister before scooping. Mix 1 scoop in 8 ounces of water, your favorite beverage, or a recipe as a dietary supplement or as directed by your healthcare practitioner.

**Caution:** If you are pregnant, nursing, or taking medication, consult your healthcare practitioner before use. Keep out of reach of children.

## Amino Profile

Typical Amino Acid Composition in Milligrams Per Serving

Ingredients:	Amount
Alanine	1,290 mg
Arginine	1,100 mg
Aspartic Acid	870 mg
Glutamic Acid	1,530 mg
Glycine	3,330 mg
Histidine	150 mg
Hydroxylysine	240 mg
Hydroxyproline	1,790 mg
Isoleucine	210 mg
Leucine	410 mg
Lysine	540 mg
Methionine	140 mg
Phenylalanine	320 mg
Proline	1,910 mg
Serine	480 mg
Threonine	270 mg
Tyrosine	120 mg
Valine	360 mg

### References:

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\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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