

## **FAQ: American Natural Super Collagen**



Integrative physician and co-creator of American Natural Super Collagen, Dr. Michele Burkland, is here to answer your questions.

### **“When should I use this product?”**

You can use this product in the morning, afternoon, or evening. There is no specific time to take collagen, but the most important thing is that you take it consistently.

### **“How is this different from other collagen powders?”**

Most other collagen powders just have collagen in them.

Meanwhile, American Natural Super Collagen is made with 5 distinct ingredients: Hydrolyzed collagen peptides, biotin, bamboo extract, vitamin C, and hyaluronic acid. Each one of these natural ingredients plays an important role in the overall health of your hair, skin, nails, and gut.

We’ve included each one in our unique collagen blend to help you maximize the benefits of collagen.

### **“Who is this product intended for?”**

Collagen levels typically start to decline after age 30. This product is for anyone who’s looking for a natural way to support their body as they age. Especially for those looking for healthy skin, hair, and nails.

### **“What is collagen, anyway?”**

Collagen is a protein that our bodies produce naturally. It plays a key role in the formation of connective tissue like tendons and ligaments, contributes to skin elasticity and hydration, and supports a healthy gut.

### **“Why should I be taking collagen?”**

Collagen is the most abundant protein in the entire human body. It influences everything from your hair, skin, nails, joints, to even the integrity of your gut.

Supplementing with collagen, alongside a healthy diet and lifestyle, is gaining popularity in the natural health and beauty community.

That’s because several recent studies have found it can have a measurable effect on skin and gut health. And also because some people are noticing a faster-than-normal breakdown of collagen as they age.

### **“Are there other factors that contribute to loss of collagen?”**

Age is not the only factor in the loss of collagen. If you’re concerned about maintaining healthy collagen levels, here are 10 lifestyle factors that can speed up collagen breakdown:

- Lack of sleep
- Excess sugar
- Injuries and joint issues
- High levels of stress
- Too much sun exposure
- Lack of antioxidants in diet
- Lack of physical activity
- Poor gut health
- Lack of sufficient Zinc and Vitamin C
- Excess free radicals

To fight back against collagen breakdown, you can:

- Limit sun exposure
- Eat foods rich in collagen
- Support and promote healthy collagen levels by supplementing with collagen

### **“How can I tell if it’s working?”**

Some of the most common ways to tell if collagen is working is by noticing healthy, hydrated skin on your hands and face, shinier, stronger nails, and healthier hair.

**“How long before I can start looking for benefits?”**

Results vary from person to person, but some studies have shown skin-health related benefits in as little as 4 weeks.

**“How much should I take?”**

The listed serving suggestion is one to take one heaping scoop with 8 ounces of water, juice, tea or coffee. The collagen your body doesn't use will be flushed out from your system, so there's no risk of taking too much collagen.

**“Are there any side effects of taking collagen?”**

American Natural Super Collagen is a natural health supplement made from real ingredients. There are no listed side effects, but always consult your doctor before making any changes to your diet or health or if you have an adverse reaction.

**“Is collagen vegan/vegetarian?”**

American Natural Super Collagen is derived from animal sources, so it is not vegan or vegetarian.

**“How do I download the collagen cookbook?”**

Once your order has been placed successfully, you'll receive an email with a link to download your copy of the cookbook.