

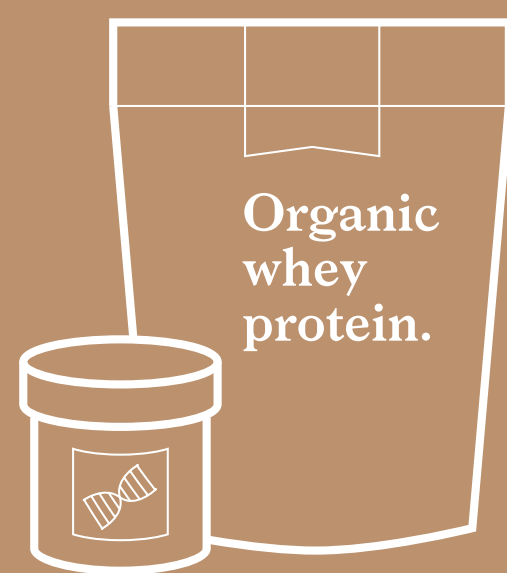
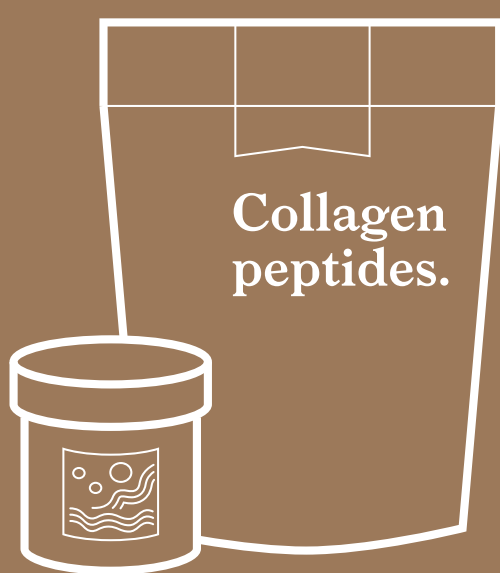
# Collagen vs Whey Protein

Which Should You Choose?

## Collagen

## Whey

### What It Is



Collagen is a type of protein that is lacking in most modern diets. It contains amino acids that support natural collagen production which rejuvenates hair, skin, nails, and joints.

Whey is a blend of amino acids and proteins that are the liquid by-product of cheese production. It's a complete protein, containing all 9 essential amino acids that the body can't produce on its own.

### Benefits



Supports Joint Health



Enhances Exercise Recovery



Fewer Wrinkles



Boosts Hair and Nails



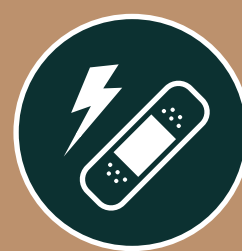
Boosts Metabolism



Builds Muscle



Crushes Cravings



Speeds Recovery

### Top Reasons To Pick

It can be found at most health food stores

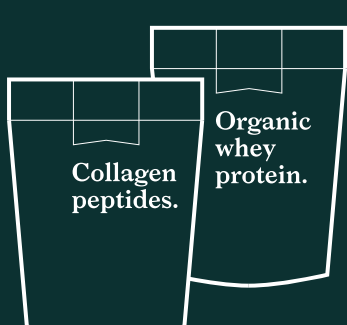
Odorless and flavorless

Mixes easily into coffee and smoothies

Best for muscle building and weight loss goals

Perfect for vegetarians

Typically comes in flavors like vanilla and chocolate



## You Don't Have to Choose!

Whey protein and collagen both offer a number of benefits, so you can get the best of both worlds by using each of them daily!

