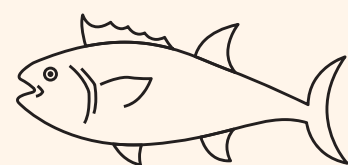


BOVINE VERSUS MARINE COLLAGEN



WHICH SHOULD YOU CHOOSE?

BOVINE

MARINE

WHAT IT IS

Bovine collagen is a flavorless powder made from cow hides. It contains mostly Type I and III collagen and is a rich source of amino acids.

Marine collagen is a flavorless powder made from fish skin and scales. It contains mostly Type I collagen and due to its smaller size, is slightly more bioavailable.

BENEFITS



Supports Joint Health



Enhances Exercise Recovery



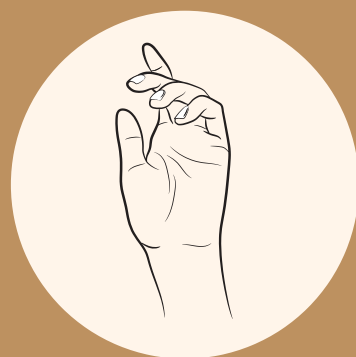
Fewer Wrinkles



Reduces Signs of Aging



Promotes Gut Health



Boosts Hair and Nails



Moisturizes Skin



Boosts Hair and Nails

WHICH SHOULD YOU CHOOSE?

- It can be found at most health food stores
- It's relatively inexpensive
- Perfect for those with shellfish allergies
- No "beefy" smell or taste
- Mixes easily into coffee and smoothies

- Perfect for pescatarians or those who avoid red meat products
- Best for beauty and anti-aging goals
- No "fishy" smell or taste
- Mixes easily into coffee and smoothies