

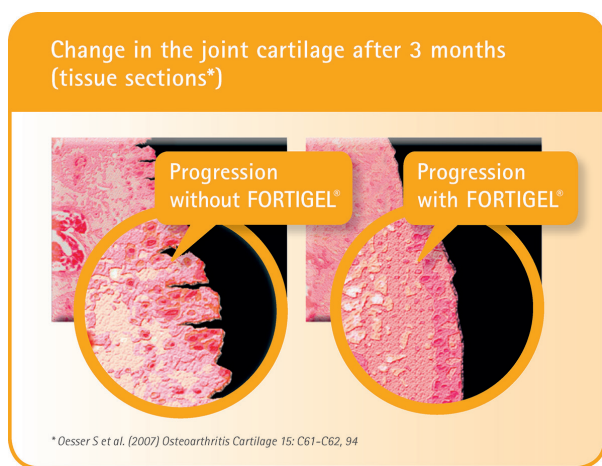
Research Review: Dynamic Multi Collagen Renew

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

Dynamic Multi Collagen Renew contains Fortigel®, Fortibone®, Tendoforte®, and Verisol®—specific bioactive collagen peptides optimized to stimulate collagen metabolism.* These collagen peptides help promote vibrant skin and nails while also supporting healthy joints, bones, ligaments, and tendons.*

FORTIGEL® to Promote Joint Health*

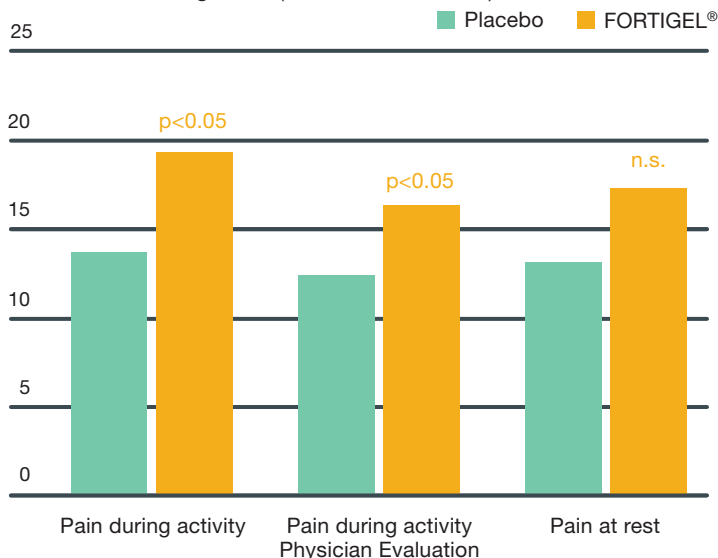
Joint health is a major concern to an aging population and physically active individuals. Fortigel® promotes healthy joint cartilage by stimulating cells linked to joint mobility and activity.*^{1,2,3,4}



Clinical research demonstrates how Fortigel® can help support cartilage tissue and promote joint health through numerous studies,* including:

- Oesser et al. (2007) showed how orally administered Fortigel® is absorbed intestinally and stored in cartilage causing a statistically significant increase of cartilage tissue metabolism.*¹

Delta Visual Analog Scale (12 weeks to baseline)



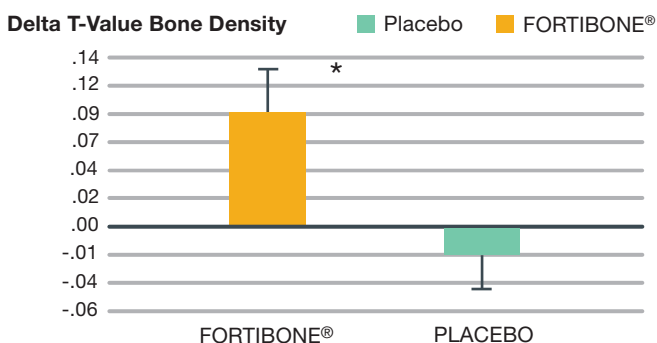
FORTIGEL® has shown significant improvement in discomfort reduction.

- Clark et al. (2008) showed a statistically significant improvement of joint discomfort in healthy athletes taking Fortigel®.*²
- Zdzieblik et al. (2017) showed a statistically significant improvement in joint discomfort, stiffness, and mobility in young adult athletes taking Fortigel®.*³ Change in discomfort, measured with the Visual Analog Scale (VAS), had a significant improvement for the group that supplemented with Fortigel®. In fact, 38.4% of the Fortigel® group saw improvements as compared to 27.9% of the placebo group after 12 weeks.
- McAlindon et al. (2011) showed how subjects treated with orally administered Fortigel® showed statistically significant support in proteoglycan density in the medial and lateral tibial regions.*⁴

Results show how orally administered collagen peptides can have an influence on healthy cartilage tissue regeneration.*^{1,2,3,4}

FORTIBONE® to Promote Bone Health*

Collagen is essential for bone health. Bone is comprised of mineral crystals held in an organic collagen matrix. Fortibone® stimulates the synthesis of bone collagen matrix and promotes healthy osteoclast activity.*⁵ The specific collagen peptides in Fortibone® have a signaling effect on osteoblasts that support healthy extracellular bone matrix activity.*⁶ This results in a higher synthesis of the collagenous bone matrix.*⁶



Clinical studies on Fortibone® show its ability to promote bone health, specifically promoting bone mineral density in postmenopausal women in a single-center, prospective, randomized, placebo-controlled, double-blinded study.*⁶

Over 12 months, 131 women with reduced bone mass took 5g of Fortibone® or placebo. Changes in bone mineral density (BMD) were detected by DXA scans. Fortibone® consumption showed a pronounced increase in BMD after Fortibone® supplementation in postmenopausal women.*⁵

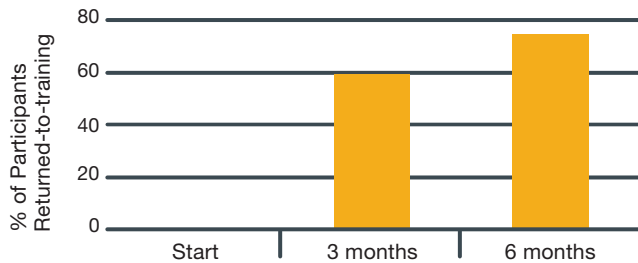
TENDOFORTE® to Promote Healthy Tendons and Ligaments*

Tendons and ligaments are the connecting elements of the body. Tendons connect muscle to bone and ligaments connect bones together. Healthy tendons and ligaments are strong and flexible, allowing for mobility and flexibility. Physically active individuals are especially at risk for injuries related to over-use and rigidity of tendons and ligaments.

For more information, visit: www.nutridyn.com

Collagen helps support the elasticity of tendons and ligaments for optimal athletic performance and post-workout recovery as shown in this Australian Institute of Sport study examining the recovery rates of athletes using Tendoforte® over a 6 month period.*

Clinical research demonstrates how Tendoforte® promotes the connective strength of healthy tendons and ligaments through numerous studies,* including:



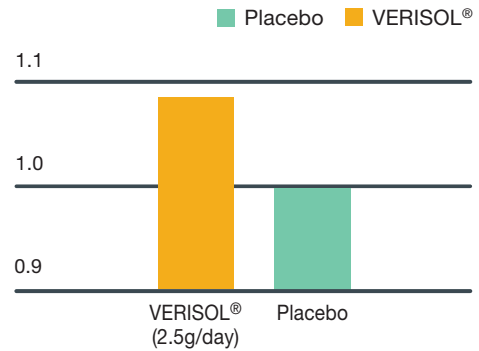
- Schunck et al. (2013) showed how Tendoforte® may help promote extracellular matrix molecules by producing significantly more tissue matrix (1.2 to 2.4 fold) when directly exposed to the bioactive collagen peptides in Tendoforte®.*⁷ The RNA expression of collagen significantly increased, and the synthesis of elastin increased by approximately 50%.*⁷
- Weh et al. (2001) showed how Tendoforte® supports healthy ligaments in the fingers for improved mobility.*⁸
- Praet et al. (2019) studied how Tendoforte® supports healthy tendons and ligaments to promote faster recovery times.*⁹
- Praet et al. (2018) showed how Tendoforte® supports the strength and flexibility of tendons and ligaments.*¹⁰

VERISOL® to Promote Skin and Nail Health*

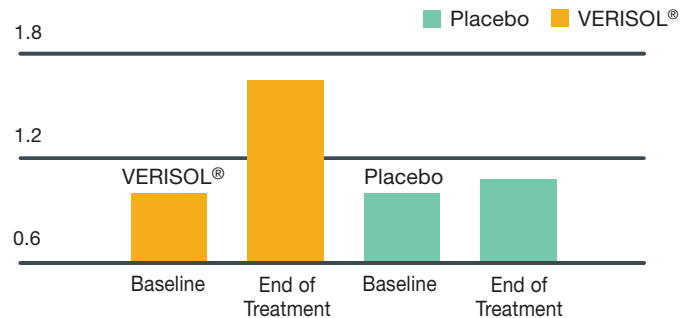
Collagen is a structural component of skin and nails too. Aging, sun exposure, hormones, and nutrition affect skin and nails. Verisol® helps to support skin and nail metabolism by promoting healthy dermal collagen and extracellular matrix from the inside.* Clinical research on the efficacy of Verisol® demonstrates how it helps support healthy skin and nails from the inside-out,* including:

- Proksch et al. (2013, Aug.) demonstrated that using Verisol® leads to significantly higher skin elasticity (up to 15%) compared to the placebo.*¹¹ This effect continued after 4, 8, and 12 weeks of oral Verisol® administration.*¹¹
- Proksch et al. (2014, Dec.) showed how oral administration of Verisol® significantly reduces the appearance of wrinkles after 4 weeks and leads to a significantly higher skin procollagen concentration (60%).*¹²
- Schunck et al. (2015) showed how daily oral intake of Verisol® significantly promoted a healthier cellulite score after 3 and 6 months of supplementation.*¹³ Verisol® supports the dermal extracellular matrix to promote healthy dermis and subcutaneous tissue structure by promoting elastin and collagen.*¹³
- Hexsel et al. (2017) demonstrated the impact of the bioactive collagen peptides of Verisol® on promoting nail health after 2 months of supplementation, reaching a decrease of cracked/chipped nails 42% after 6 months.*¹⁴

Skin elasticity (x-fold of control)



Procollagen accumulation in sub-epidermal fluid (related to baseline)



Why Use Dynamic Multi Collagen Renew

Dynamic Multi Collagen Renew is the ideal nutritional supplement for individuals looking for a comprehensive formula to support concentrated dietary collagen intake.* Each serving contains 5 grams each of Fortigel®, Fortibone®, and Tendoforte® and 2.5 grams of Verisol® based on extensive clinical studies.* The easy-to-mix unflavored powdered formula is a rich source of collagen peptides to support healthy joints, bones, tendons, ligaments, skin, and nails.*

References:

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5. Alves RD et al. *J Proteome Res.* 2011;10:4725-4733.
6. König D et al. *Nutrients.* 2018;10(1).
7. Schunck M et al. *J Int Soc Sport Nutr.* 2013;10.
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10. Praet S et al. *J Sport Sci Med.* 2018;35:335-341.
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13. Schunck M et al. *J Med Food.* 2015;18(12):1340-1348.
14. Hexsel D et al. *J Cosmet Dermatol.* 2017;16(4):520-526.

* 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.