

## Vegan Collagen Protein Powder, light vanilla – a nutritionist's guide

Our Vegan Collagen Protein Powder is a plant-based alternative to collagen, which supplies the key building blocks for collagen formation. Here we have prepared some additional information about this product which you may find useful.

### Dosing guidelines

A serving of Vegan Collagen Protein Powder consists of one 14g scoop, providing you with the full serving amount as indicated on the nutritional panel.

### How to take Vegan Collagen Protein Powder

Vegan Collagen Protein Powder contains a plant-based blend of brown rice, pea, pumpkin seed and sunflower seed protein, so it behaves in the

same way as a protein powder rather than a collagen supplement. The *light vanilla* flavoured powder is perfect for blending into cold plant milk, shakes and smoothies rather than adding to coffee. It's also ideal for mixing into food recipes, including porridge, pancakes and protein balls.

### Feeling the benefits

Whilst some people notice immediate benefits, for others, it may take time before improvements are experienced. This very much depends on the reason you are taking Vegan Collagen Protein Powder, individual variability and environmental factors.

It may be a good idea to record your reasons for taking Vegan Collagen Protein Powder (e.g. symptoms), and score them on a scale of 1-10. By reviewing these each month, you may start to notice gradual improvements in your health.

### Allergens and dietary needs

Vegan Collagen Protein Powder contains no sugar, gluten, dairy, lactose, soya, wheat, or artificial colours or flavours. It is non-GMO and suitable for vegetarians and vegans.



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Igennus nutritionists are available to answer any queries you may have about any of our products. You can contact us via live chat at [Igennus.com](https://www.igennus.com), email [askourexperts@igennus.com](mailto:askourexperts@igennus.com) or call +44 (0)1223 421434.

Wishing you health and longevity,

Maxine & the Igennus team

