

*Contains*  
10,000mg of  
Bioactive Collagen  
Peptides®



## Overnight Collagen Oats *with* Beauty Collagen

 1 serving  overnight

### Ingredients

Rolled oats  
Chia seeds  
Milk or yoghurt of choice  
Beauty Collagen  
Toppings of choice

### Method

1. Combine your oats and chia seeds; you can use a bowl, jar, or glass cup. Next, add your preferred milk or yoghurt and leave it overnight in the fridge.
2. The next morning layer your Proto-col Beauty collagen followed by your favourite toppings.
3. Enjoy!

*Share your Collagen stories*

### Instagram

@officialprotocoluk  
#GetMyCollagen  
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### *Beauty Collagen*

- ✓ Helps to reduce the appearance of fine lines and wrinkles
- ✓ Helps to increase hair thickness and nail growth
- ✓ Contains Hyaluronic acid

