



# ALIVE INNOVATIONS

[www.aliveinnovations.com](http://www.aliveinnovations.com)

**COLLAGENX™** Collagen is the most abundant substance in the body and helps give structure to our hair, skin, nails, bones, ligaments and tendons. When we get older, the production of collagen begins to slow down. Supplementing with collagen peptides (from hydrolyzed bovine collagen) may help with the body's need for these building blocks.\*

- Hyaluronic Acid** supports proper cell hydration and helps reduce viability of fine lines and wrinkles while retaining moisture in the skin.\*
- Vitamin C** is a potent antioxidant that can neutralize free radicals and supports collagen synthesis.\*
- Biotin** plays a key role in converting nutrients into energy and has an important roll in the health of your hair, skin and nails.\*

\* These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

**STORAGE:** Store in a cool, dry place with lid tightly sealed. Avoid exposure to light, heat and moisture. Consume promptly or refrigerate mixed product and consume with in 24 hours.

**CAUTION:** Pregnant or nursing mothers, anyone under the age of 18, and individuals with a known medical condition should consult with a physician before taking this or any dietary supplement. Keep out of reach of children.

Advanced Nutrition to Feel Alive

## COLLAGENX

HIGH PERFORMANCE HYDROLYZED COLLAGEN

**UNFLAVORED**

**NET WT 12.7oz / 360g**

DIETARY SUPPLEMENT

**SUGGESTED USE:** As a dietary supplement, mix one scoop with 8 to 10 ounces of water or your favorite beverage.

SUPPLEMENT FACTS		
Serving Size: 1 Scoop (10g)	Servings per container 36	
	Amount Per Serving	% DV
Calories	50	
Biotin	5,000 mcg	16.667 %
Vitamin C (as ascorbic acid)	50 mg	56 %
Hyaluronic Acid (from sodium hyaluronate)	50 mg	*
Collagen Peptides (from Hydrolyzed Bovine Collagen)	9 g	*

TYPICAL AMINO ACID PROFILE <small>(Average milligrams per serving naturally occurring)</small>		
Leucine**	230mg	702mg
Lysine**	302mg	603mg
Methionine**	59mg	495mg
Phenylalanine**	144mg	852mg
Proline	1156mg	1881mg
Serine	275mg	500mg
Threonine**	153mg	77mg
Tyrosine	36mg	92mg
Valine**	162mg	117mg

\*\* Essential Amino Acids

Percent Daily Values are based on a 2,000 calorie diet.

\* Daily Value not established

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For more information and research, visit: [AliveInnovations.com](http://AliveInnovations.com)

### What is Collagen?



Collagen is the most abundant protein in the body and provides structure to hair, skin, nails, bones, ligaments, and tendons. Production of collagen and hyaluronic acid naturally decreases with age, but supplementation with collagen peptides (from hydrolyzed bovine collagen) may support connective tissues and skin health.

- Hyaluronic Acid supports proper cell hydration and moisture retention
- Vitamin C is a potent antioxidant that can neutralize free radicals and supports collagen synthesis.\*
- Biotin plays a key role in converting nutrients into energy and may support healthy hair, skin and nails.\*

#### CollagenX contains:

- Biotin
- Vitamin C (as ascorbic acid)
- Hyaluronic acid (from sodium hyaluronate)
- Collagen peptides (from hydrolyzed bovine collagen)
- Essential Amino Acids
- Alanine
- Arginine
- Aspartic Acid
- Glutamic Acid
- Glycine
- Histidine
- Hydroxylysine
- Hydroxyproline

#### CollagenX contains:

- Isoleucine
- Leucine
- Lysine+
- Methionine
- Phenylalanine
- Proline
- Serine
- Threonine
- Tyrosine
- Valine



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## Benefits

### Supports healthy connective tissue

Bovine collagen contains type I collagen, which is the most abundant form in the body and a major component of skin, hair and bones. Type 1 collagen has high biocompatibility in human tissue and naturally mimics the extracellular matrix. It comprises 90% of the protein in vasculature and other tissue<sup>1</sup>. It is particularly important for structures requiring high-tensile strength, including bones, teeth, skin, cornea, tendons, and the fascia (connective tissue surrounding organs, blood vessels, and muscles). Collagen comprises amino acids, the building blocks of proteins. Collagen is composed of three chains wound together to form a triple helix. Glycine, the smallest amino acid, allows the chain to form a tight configuration and withstand stress.<sup>2</sup>

### Supports healthy skin

Type 1 collagen comprises 80-90% of the protein in human skin. Both oral and topical collagen supplements are shown to help in delaying the aging process by improving skin moisture retention, elasticity, and overall hydration. Additionally, collagen can help in reducing wrinkles and roughness in skin.<sup>3</sup>

Hyaluronic acid is a high-molecular-weight polysaccharide, which is widely distributed in the connective tissue extracellular matrix. Hyaluronic acid's highly anionic properties allow it to attract water to improve volume and provide structural support in the skin. When skin loses its viscoelastic properties, overlying wrinkles begin to form. Hyaluronic acid can help to increase collagen production and improve fibroblast morphology.<sup>4</sup> When used alone or in combination with other co-agents, hyaluronic acid has been shown to assist with skin tightness and elasticity, face rejuvenation, and reducing wrinkles.<sup>5</sup>

### Supports healthy nails and hair

Biotin functions as a coenzyme for carboxylase enzymes involved in numerous metabolic reactions for gluconeogenesis, fatty acid synthesis, and amino acid catabolism. These processes are crucial for the maintenance of healthy skin and hair. One study involving women with hair loss found that 38% had biotin deficiency.<sup>6</sup> Several studies have reported the benefits of daily biotin supplementation in treating splitting brittle nails, including conditions such as onychoschizia and onychoschisis.<sup>7</sup> Collagen supplementation is recommended for those with hair thinning or loss of body. Supplementation was shown to improve overall hair volume, scalp coverage, and hair thickness after 90 days. Additional improvement after 180 days included hair shine, skin moisture retention, and skin smoothness.<sup>8</sup> People with thinning hair are especially recommended to supplement with Vitamin C as its chelating and reducing effect is essential for the intestinal absorption of iron. Iron deficiency inhibits production of hemoglobin, which is essential for hair growth.<sup>9</sup>

### Supports normal healing of bones and skin

Oxidative stress negatively affects the viability and proliferation of recruited collagen-producing cells and ultimately promotes apoptosis. As an antioxidant, Vitamin C neutralizes ROS and relieves oxidative stress caused by inflammation.<sup>10</sup> Vitamin C plays a vital role in the healing of musculoskeletal tissues (including bone, tendons, and ligaments) because this process depends on the capacity of collagen synthesis and cross-linking. Preclinical studies have demonstrated that vitamin C has the potential to accelerate bone healing after a fracture, increase type I collagen synthesis, and reduce oxidative stress.<sup>11</sup>

### Protects skin from oxidative stress

Oxidative stress in skin plays a major role in the aging process, including both intrinsic and extrinsic aging. Extrinsic aging is largely driven by oxidative stress caused by UV irradiation.<sup>12</sup>

Vitamin C is required both for stimulating collagen synthesis and for assisting in antioxidant protection against UV-induced photodamage. Vitamin C is especially concentrated in the deeper cell-layers of the stratum corneum where it functions as an antioxidant. Vitamin C is shown to have a strong effect on photoaged skin, most probably by quenching ROS that originate from UV-irradiation.<sup>13</sup>

1 <https://www.mdpi.com/2073-4360/13/16/2642>  
2 <https://www.ncbi.nlm.nih.gov/books/NBK507709/>  
3 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8824545/>  
4 <https://www.ncbi.nlm.nih.gov/books/NBK482440/>  
5 <https://pubmed.ncbi.nlm.nih.gov/30287361/>  
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7 <https://www.ijtrichology.com/fulltext.asp>  
8 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3509882/>  
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11 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6204628/>  
12 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4496685/>  
13 <https://onlinelibrary.wiley.com/doi/abs/10.1034/j.1600-0625.2003.00008.x>



## Dosage and how to take

Adults: As a dietary supplement, mix one scoop with 8-10 ounces of water or your favorite beverage.

## Safety and side effects

CollagenX has an excellent safety rating, with no reported interactions from the supplement.

CollagenX is not intended to replace any medication or procedures used to treat cancer, viral infections, or illnesses. Do not discontinue treatment or cancer medications without a doctor's permission.

Women who are pregnant, nursing, or any person who is immune-compromised should consult their physician before using this product. Certain medications may interact with individual ingredients – talk to your doctor if you take any medications.

### Disclaimer:

The information contained here is not yet been evaluated by the Food and Drug Administration. All Products and Equipment presented or represented by Alive Innovations LLC, its entities, employees, associates and assigns are not intended to diagnose, treat, cure or prevent any disease.

This information is for educational purposes and is not intended to make claims about any product or service. For more information call 800454-1920.

- Information and statements contained have not been confirmed by additional studies.