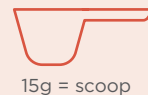


# Active Body Collagen



100% BODYBALANCE® collagen peptides

## OVERVIEW

- > Good source of protein, providing 100% highly purified bovine collagen peptides (hydrolysed collagen).
- > Low molecular weight collagen peptides (3500g/mol).
- > Protein contributes to the maintenance and growth of muscle mass.
- > Protein supports bone maintenance.
- > Highly soluble, low viscous powder with neutral taste and smell.
- > Heat stable at high temperatures.
- > Non-GMO and Kosher/Halal certified material.

Nutrition Information			
	Per 15 g serve	%DI/RDI*	Quantity per 100g
Energy	230 kJ 54 Cal	3% 3%	1,530 kJ 360 Cal
Protein	13.5 g	27%	90 g
Fat, total	0 g	0%	0 g
-saturated	0 g	0%	0 g
Carbohydrate	0 g	0%	0 g
-sugars	0 g	0%	0 g
Fibre	0 g	0%	0 g
Sodium	30 mg	1%	200 mg

\*Based on an average adult diet of 8,700kJ  
 Ingredients: Collagen peptides (BODYBALANCE® hydrolysed bovine collagen) (100%)

<b>Pack Size</b>	450 g
<b>Servings Per Pack</b>	30

**Directions for Use**

Add water to one scoop of Active Body Collagen once per day or as directed by your healthcare professional.

**Allergen Information**

Does not contain: dairy, soy, gluten.

Designed and packed in Australia from imported ingredients.



No Added Gluten



No Added Dairy



No Added Nuts



No Added Soy



No Artificial Flavours or Colours



No Added Preservatives



No Added Sweeteners





## EDUCATION

Collagen is the most important and abundant protein in the body, synthesised primarily from the amino acids' glycine, proline and hydroxyproline.<sup>1,2</sup>

Because collagen is required for connective tissues to maintain flexibility and strength, optimal levels of collagen are required for the body to maintain healthy lean muscle mass and promote muscle growth and strength. It is also required for the structural strength and mobility of bones and joints.<sup>1,2</sup>

Adequate protein intake is particularly important for active individuals and collagen turnover significantly increases following intense exercise.<sup>3,4</sup> Collagen peptides contribute to the maintenance and growth of muscle mass by promoting the synthesis of protein in muscle tissue following exercise, particularly when ingested following the performance of physical activity.<sup>5</sup>

Collagen levels naturally start to decline from 18 years of age, progressing from decreases of approximately 1% each year after 40 to 75% by the age of 80.<sup>1</sup> Along with the performance of regular intense physical activity, other factors that can also accelerate the rate of collagen loss including oxidative stress, nutrient deficiencies, alcohol, smoking and hormone fluctuations.<sup>1</sup>

### Bioactive Collagen Peptides in Active Body Collagen

The BODYBALANCE® Bioactive Collagen Peptides (BCPs) in Active Body Collagen are produced using certified technology resulting in specific peptides optimised to provide targeted structural and functional benefits. These BODYBALANCE® BCPs are a rich source of crucial amino acids that are necessary for tissue building and repair whilst also contributing to the growth and maintenance of muscle mass and maintenance of bone health. BCPs help to maintain healthy protein synthesis to support the growth and maintenance of lean muscle mass.

**Typical amino acid composition of BODYBALANCE collagen peptides:**

	Per 100 g**		Per 100 g**
Alanine	8.6 g	Leucine	2.7 g
Arginine	7.3 g	Lysine	3.6 g
Aspartic acid	5.8 g	Methionine	0.9 g
Glutamic acid	10.2 g	Phenylalanine	2.1 g
Glycine	22.2 g	Proline	12.7 g
Histidine	1.0 g	Serine	3.2 g
Hydroxyproline	11.9 g	Threonine	1.8 g
Isoleucine	1.4 g	Tyrosine	0.8 g
Hydroxylysine	1.6 g	Valine	2.4 g

\*\*g amino acid per 100 g crude protein (equal to % weight).

*References supplied on request.*



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