



HYDROLIZED COLLAGEN  
ORGANIC SILICION  
HIALURONIC ACID  
GLUCOSAMINE, CHONDROITIN,  
MAGNESIUM, BOSWELLIA, CIMICIFUGA  
RACEMOSA, MACA, YAM, CALCIUM  
CITRATE, SAGE, HARPAGOPHYTUM,  
COENZYME Q10 AND VITAMIN D3

CITRICS  
flavour

300g

# COLLAGEN PLUS woman

## IMPROVES WOMAN'S QUALITY OF LIFE IN ALL STAGES

Prisma*Natural* updates its line COLAGEN PLUS, with a new image and an improved flavour. Made of hydrolyzed collagen, vitamins, minerals and plants, it is especially indicated to enhance well-being and people's quality of life.

**COLAGEN PLUS WOMAN** has a rich composition with the aim of strengthening bones and joints, slowing down its aging by enhancing its lubrication, reducing pain and supplying energy. It also provides elasticity to the skin and hair and combats the pre-menopausal and menopausal symptoms, improving the sexual health of women.

■ **COMPOSITION:**

- **HYDROLIZED COLLAGEN:** proteic molecule or protein which forms fibers, the collagen fibers, and are found in all animals. They are secreted by the connective tissue cells such as fibroblasts. It is the most abundant component of the skin and bones. The amino acid composition of collagen is quite particular: glycine represents, in moles, approximately one third of the present amino acids. They also have very high amounts of proline, up to a 10% of hydroxyproline, and is one of the few proteins that contains hydroxylysine. Hydroxylysine as well as hydroxyproline are produced after the synthesis of the polypeptide chain, due to the modification of the non-hydroxylated amino acids by specific enzymes. Collagen fibers are flexible, but offer a great tensile strength. Collagen is the responsible of forming the whole structure of the skin, bones and joints tissues. When it wears, health problems begin: joint pains, wrinkles in the skin and bone fragility. Collagen is the most abundant and important structural protein in the human body, it constitutes 70% of the dry weight of human skin.
- **ORGANIC SILICON:** from the structural and functional point of view, it is an essential trace element for connective tissue, especially in the components of collagen, maintaining its resistance, structure, integrity and metabolism. It functions so that calcium can be led to the bone. It can inhibit bone resorption and stimulate new bone formations in laboratory studies due to estrogen deficiency. It can strengthen the ability of calcium and vitamin D to increase bone mineral density.
- **HYALURONIC ACID:** important and abundant in the joints (in the synovial fluid), cartilage and skin. One of its most notable properties is the retaining of water, obviously in the places where it is located. Based on this, we can affirm that its mission is to increase the resistance to impact and pressure, lubricate mobile joints, increase the regeneration of cartilage and enhance skin beauty, promotig a look of youth, freshness and smoothness.
- **GLUCOSAMINE:** Glucosamine sulfate is a natural substance of the body. It can be found in the fluid that surrounds the joints. Glucosamine sulfate takes effect in 4-8 weeks, without the side effects of NSAIDs (nonsteroidal anti-inflammatory drugs) and helps to slow joints wear.
- **CHONDROITINE:** found in the cartilage around the joints. It stimulates the synthesis of proteoglycans and hyaluronic acid, and decreases the catabolic activity of chondrocytes. Chondroitin sulfate can relieve the pain caused by joint inflammation. It is essential to strengthen the bone structure.
- **MAGNESIUM:** molecule responsible for the supply of energy for nearly all metabolic mechanisms. It is indispensable for the active transport of ions (potassium and calcium) and for the conduction of nervous impulses, heart rythm and muscular contractions.
- **BOSWELLIA:** boswellic acid (Akba) has anti-inflammatory properties. It is a potent natural inhibitor of pain. It acts directly on the pro-inflammatory molecules, which are a direct cause of pain; increases mobility by blocking the synthesis of leukotrienes (chemicals that cause inflammation, increase damages of oxidative stress and autoimmune reactions). It has no ulcerogenic action on the gastric mucosa.
- **CIMICIFUGA RACEMOSA** (*Black cohosh*): known as "woman's plant" due to its usefulness in the relief of menstrual pains. American Herbal Pharmacopeia shows 16 clinical studies on the treatment of menopausal symptoms, including hot flushes, vaginal atrophy and depression. In the majority of cases an extract of black cohosh was used for its treatment.  
There have been described calming and sedative effects on the nervous system by a blood pressure lowering effect, which makes it ideal to fight nervous tension and anxiety in premenstrual syndrome and menopause. Thanks to its content in salicylic acid it can also be used for headaches.

- **MACA:** it has been used since centuries by native Andean populations as an aphrodisiac, energizing, and enhancer of fertility and sexual function. Several clinical trials suggests that maca has a significant positive effect on sexual dysfunction or sexual desire in healthy postmenopausal women. It increases the libido and resistance, and is responsible of helping to obtain orgasms with greater intensity and more frequently.
  - **YAM** (*Dioscorea villosa*): the rhizomes and roots of this plant are used for their phyto-estrogenic properties such as: the treatment of menstrual dysfunctions, vaginal dryness, PMS (premenstrual syndrome), menstrual cramps and sexual desire. It is also used to increase breasts size. It provides antioxidants and helps to achieve a balanced and healthy state of mind during menopause.
  - **CALCIUM CITRATE:** Calcium is the main structural element of our bones and teeth. It is fundamental as a mediator in the vasoconstriction and vasodilation of blood vessels, in the transmission of nerve impulses, contractions of muscles and hormonal secretion. People with premenstrual irritability tend to consume more calcium.
  - **SAGE** (*Salvia officinalis*): it is used to fight the excessive sweating caused by menopause. It is useful to fight body odour.
  - **DEVIL'S CLAW:** its main pharmacological action is anti-inflammatory, analgesic and antirheumatic. Harpagoside seems to be the active ingredient responsible of anti-inflammatory effects. It has a great utility as an analgesic, it also acts as uricosuric because it helps to eliminate the uric acid accumulated in joints, helping to relieve "gout" symptoms. Its diuretic properties help to detoxify in an effective and active way.
  - **COENZYME Q10:** cells need a continuous energy supply for their functions from mitochondria, with coenzyme Q10 and L-carnitine being essential cofactors to produce the high-energy compound ATP (adenosine triphosphate). Mitochondria are the energy production centers of the cell.
  - **VITAMIN D3** (*colecalfiferol*): it is obtained from its cutaneous activation by the effects of solar radiation or after its ingestion from food or supplements. It is modulator of the immune system and a fundamental element for calcium absorption in the bones.
- **PRESENTATION:** 300g pot  
C. EAN 13: 8437010199899. INTERNAL CODE: 216010.
  - **NET WEIGHT:** 300g.
  - **RECOMMENDED DAILY ALLOWANCE:** 15g.
  - **HOW TO USE:** take 15g dissolved in a glass of water (150ml).
  - **COMPOSITION per 15g:** HYDROLYSED COLLAGEN 10G, BULKING AGENT (MALTODEXTRIN), AROMA (LEMON AROMA), GLUCOSAMINE SULFATE POTASSIUM 600MG, CHONDROITIN SULFATE 350G, ACIDITY REGULATOR (CITRIC ACID), MSM (METHYLL SULFONYL METHANE) 200MG, CALCIUM CITRATE 150MG (24MG CALCIUM, 3% NRV\*), MAGNESIUM OXIDE 150MG (90.45MG MAGNESIUM, 24.12% NRV\*), VITAMIN C (L-ASCORBIC ACID) 80MG (100% NRV\*), BOSWELLIA SERRATA DRY EXTRACT (BOSWELLIA SERRATA ROXB. EX COLEBR.) 50MG, DEVIL'S CLAW DRY EXTRACT (HARPAGOHARPAGOPHYTUM PROCUMBENS (BURCH.) DC., 10% HARPAGOSIDE) 50MG, BAMBOO DRY EXTRACT (BAMBUSA ARUNDINACEA RETZ (WILLD.), 70% SILICIUM) 40MG, SODIUM HYALURONATE 35MG, YAM (DIOSCOREA VILLOSA L.) 25MG, MACA POWDER (LEPIDIUM MEYENII WALP.) 25MG, BLACK COHOSH (CIMICIFUGA RACEMOSA (L.) NUTT.) 25MG, SAGE POWDER (SAGE OFFICINALIS L.) 10MG, COENZYME Q10 2MG, SWEETENER (SUCRALOSE), VITAMIN D3 (CHOLECALCIFEROL) 5µG (100%NRV\*).  
\*% NRV: nutrient reference values.