

# Product data sheet:

## mM Kollagen®



### Hair, skin and nails - Dietary supplement

mM Kollagen® is a dietary supplement that provides the hair, skin and nails with essential nutrients from within. mM Kollagen® is based on marine collagen peptides derived from natural collagen. Collagen occurs naturally in the body's connective tissues, including hair follicles, the dermis and nail roots. mM Kollagen® also contains essential minerals and vitamins, such as zinc, selenium, copper and vitamin C. Zinc contributes to maintenance of normal hair, skin and nails, and copper contributes to normal pigmentation of skin and hair. Selenium contributes to maintenance of normal hair and nails. Vitamin C contributes to normal collagen formation. Zinc, selenium, copper and vitamin C all contribute to protection of cells from oxidative stress.

**Ingredients:** Marine collagen peptides (**sourced from fish**), ascorbic acid, zinc gluconate, copper gluconate, sodium selenate, stabiliser (magnesium salts of fatty acids).

**Dosage:** 1-2 sachets daily, stirred into a beverage such as coffee, tea or water. The recommended daily dose should not be exceeded. It is important to maintain a varied and balanced diet and a healthy lifestyle. This supplement should not be used as an alternative to a varied diet. Store at room temperature and out of reach of children.

#### Content per daily dose:

Content	1 Sachet	%DRV	2 Sachet	%DRV
Collagen peptides	2500 mg	*	5000 mg	*
Zinc	2,3 mg	23%	4,5 mg	45%
Selenium	15 µg	25%	30 µg	50%
Copper	225 µg	23%	450 µg	45%
Vitamin C	19 mg	24%	38 mg	48%

DRV = Dietary Reference Values / % of reference value.

\* = DRV not determined

Dietary supplement. 30 sachets. Nett weight 75.6g.