

Collagen Complete



Research backed collagen peptides

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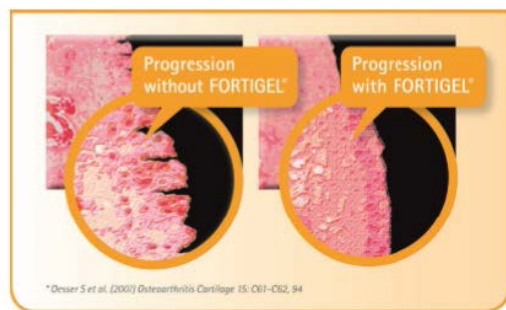
Collagen Complete is a synergistic formulation designed to benefit the health of bones, joints, and skin. Collagen is a special type of protein that accounts for as much as 30% of the body's total protein. In particular, it's a primary structural component of connective tissue. It constitutes 75% of skin, 70% of ligaments, 65-80% of tendons, 50% of cartilage, 30% of tooth dentin, 16% of bone, 10-11% of muscle, and is also part of the structure of arteries and veins. The amino acid composition of dietary collagens is very similar to those in human collagens, making dietary collagen peptides ideal for supporting body collagen turnover and renewal. These processes go on continually, so it's important to ensure the body has enough raw materials to build healthy new tissue.

Many individuals, even athletes, do not consume adequate protein. Even among those with a higher protein intake, unless nose-to-tail eating is emphasized, the richest sources of collagen—animal skins, bones, and tendons—are not typically part of the modern Western diet. Since collagen powder can be incorporated into shakes & smoothies, coffee or tea, soups, stews and other foods and beverages, Collagen Complete is a convenient way to ensure adequate intake of these unique amino acids, and for those who may need more, such as athletes, aging individuals, and those recovering from injury.

Collagen Complete contains a unique blend of three patented collagen peptides supported by clinical research showing their efficacy for supporting collagen production, bone strength, joint health and integrity, skin elasticity and more.

COLLAGEN PEPTIDES SCIENCE

FORTIBONE®	<ul style="list-style-type: none">• Improved Bone Mineral Density (BMD)• Supports markers of bone formation• Reduced fracture risk• Accelerated fracture healing
FORTIGEL®	<ul style="list-style-type: none">• Reduced post exercise joint discomfort in athletes• Improved collagen in joints, cartilage structure and tendon strength and elasticity• Reduced osteoarthritis symptoms (pain and stiffness)
VERISOL®	<ul style="list-style-type: none">• Upregulates collagen, elastin and glycosaminoglycans• Reduced wrinkles• Reduces inflammatory processes in the skin• Improved skin elasticity and hydration• Improved nail growth



Aging and joint overuse cause loss of volume and functionality of cartilage and other joint tissues.

PennState University Study (2008) Confirms Joint Health Effect in Healthy Athlete Students¹

- Design:
- Randomized, double blind, placebo controlled
 - 147 individuals with joint pain or joint discomfort (student athletes)
 - Therapy: 10 g CP* or placebo
 - 24 weeks trial
 - Pain, mobility, flexibility, different joints
- Results:
- Significant improvements in joint problems especially when suffering from knee arthralgia
 - Increase of physical performance & mobility
 - Decrease of alternative therapies (massages, ice packs)

USES:

Collagen Complete help support:

- Bone density
- Joint tissue health and function involving tendons, ligaments and cartilage
- Muscle strength
- Gastro-intestinal health
- Joint discomfort in athletes
- Maintenance of lean muscle mass

Additional Benefits

Maintenance or increase in lean mass. One study reported improved muscle strength and increase in fat free mass (FFM) by 4.2 kg after a 12-week supplementation with 15g per day of an optimized collagen peptide in conjunction with resistance exercise, more than that achieved by exercise alone.¹ This study also reported a reduction in fat mass of 5.4 kg, which was likely due to an increase in metabolic rate.



Supplement Facts

Serving Size 13 grams (approx. one scoop)
Servings Per Container 30

Amount Per Serving	% Daily Value	
Calories	45	
Protein	11 g	0%*
Sodium	30 mg	1%
Collagen Peptides	12.5 g	†
(from FORTIGEL®, VERISOL® and FORTIBONE®)		

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

†Daily Value not established.



HOW TO TAKE:

As a dietary supplement, mix 13 grams (approx. one scoop) in eight ounces of water per day, or as directed by your health care practitioner. For best results, add powder prior to adding water.

References:

¹ Zdzieblik D, Oesser S, Baumstark MW, Gollhofer A, König D. Collagen peptide supplementation in combination with resistance training improves body composition and increases muscle strength in elderly sarcopenic men: a randomised controlled trial. Br J Nutr. 2015 Oct 28;114(8):1237-45. doi: 10.1017/S0007114515002810. Epub 2015 Sep 10. PubMed PMID: 26353786; PubMed Central PMCID: PMC4594048.

² Clark et al. (2008) Current Medical Research and Opinion 14, 5 / 1485-1496