



Soaring Free

What to know about collagen

makes up 1/3 of the protein in human bodies

stems from the Greek word kólla, which translates to "glue" - essentially holds the human body together!

production lessens with age, UV exposure, smoking, free radicals, sugar & stress

reinforces bone, tendons, ligaments & joints

imbues the skin with elasticity

The best way to boost collagen



eat foods that the body needs to make it!

What to know about collagen supplements

Collagen is usually animal-derived and supplements should use organic, pasture-raised and grass-fed animals to be a good quality that the body can absorb and use.

Vegan collagen options are often created using genetically modified microorganisms (unless it is a blend of collagen-promoting botanicals).

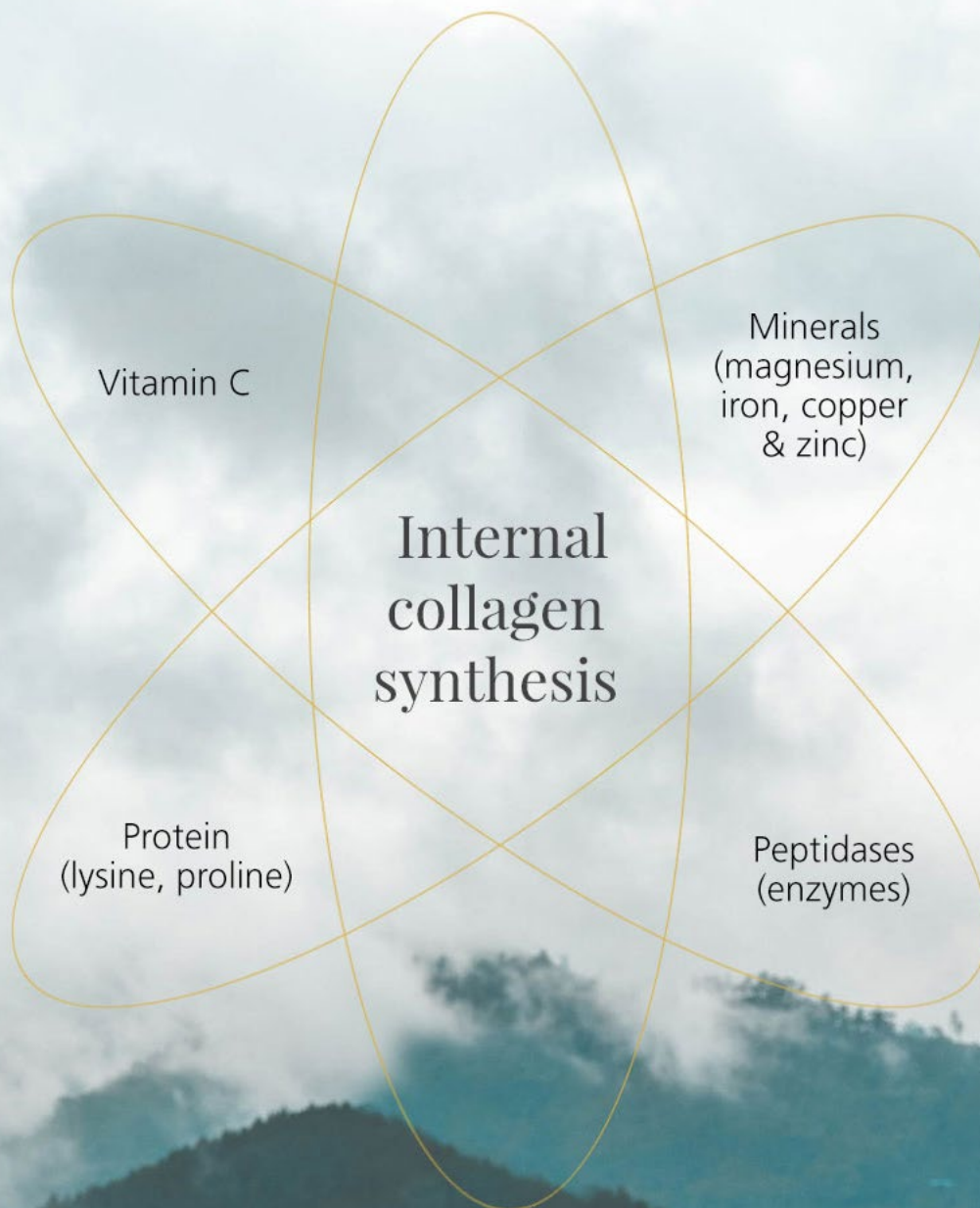
Due to a number of factors, eating collagen does not necessarily mean that you absorb it all efficiently.

Intelligent Nutrition

Work with your body's internal "collagen factory" by providing the food it needs to make more collagen.



Vitamin C is an absolute essential cofactor for the two enzymes needed for collagen synthesis!



What foods enhance natural collagen synthesis

Superfoods & Potent Plants

Vitamin C - Camu Camu, Baobab

Minerals – Wheatgrass, Barleygrass, Morninga

Protein - Plant-Based Protein Superfood Mix

Polysaccharides (long chain sugars) – chaga, goji berries

Supplements

For sulphur “the cosmetic mineral” – MSM

TIP: take your camu camu and MSM together for enhanced collagen synthesis – vitamin C enhances the absorption of MSM – they are a power combo!

Foods rich in silica

Cucumber, grasses (horsetail tea, wheatgrass, barleygrass), nettle, peppers, leafy greens



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