



Avesta

collagen

*“Once a Day Keeps Joint Pain
and Wrinkles at Bay!”*

Product Information

<https://avestacollagen.com>



Avesta Hydrolysed Collagen

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**The Results Speak Loud and Clear...
Simply try the Avesta Collagen drink for 60 days ongoing
without interruption and you'll be amazed at what you see,
notice and feel happening within yourself.**

Collagen Supplementation FAQs

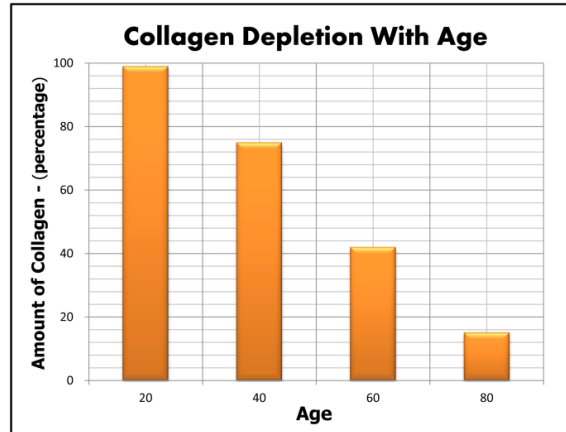


"Once a Day Keeps Joint Pain and Wrinkles at Bay!"

What is Collagen?

- *Collagen is a type of protein that is absolutely essential and required throughout the body. In fact, 20% of the entire mass of a human body is **COLLAGEN**... this equates to one third of our total body protein. Collagen is the vital substance in the makeup of all **Bones, Muscles, Joints, Eyes, Blood and Blood Vessels**, internal organs including the **Heart, Lungs, Kidneys and Liver, Digestive Tract, Prostate, Teeth, Gums, Hair, Skin and Nails**.*

*The word Collagen is derived from two Greek words "**Kolla**" meaning **Glue** and "**Gennao**" meaning **Producer**. Collagen produces the glue that literally holds the body's Skin and Joints together.*



Why should I consider taking a collagen drink on a permanent daily basis?

- *Once we reach our 30's the body's natural ability to produce collagen dramatically reduces. This fall in production is permanent and continuous and can be as much as 2% year on year. Collagen ingestion (supplementation) is the most practical and effective 'natural' solution known to counteract the ailments and effects brought on by low levels of collagen resulting from this natural aging process.*

From a nutrition standpoint; Hydrolysed Collagen contains 18 of the 20 most important amino acids and even more importantly 8 of the 9 essential amino acids. Essential means they cannot be produced internally by the human body and can only be obtained externally from certain food sources.

When my body produces and contains low collagen; how will that affect me?

- *There are many ways you will notice the effects of low collagen in your body. The **Skin** is the largest organ and consists of **75% Collagen**; hence, no real mystery why it starts to lose its firmness and structure, leading to the development of fine lines and wrinkles. The skin will appear more aged as it loses its elasticity, tone and that youthful vitality.*

***Bone** consists of **30% Collagen**. Low production is one of the things that could have a long term negative impact on bone density (**Osteoporosis**). All **Muscles**, including the **Heart** are made from **30% Collagen**. Blood Vessels, as with the Eyes, are over **70% Collagen**.*

*Collagen is also one of the **most important elements** in the maintenance of **cartilage** within the joints along with the soft connective tissues; i.e. ligaments and tendons. Cartilage is ten times more slippery than ice, it's the smooth, spongy layer of tissue that protects and prevents the ends of each bone from making bone to bone contact. Without cartilage the wear and tear process would speed up dramatically, causing inflammation, pain, and stiffness in every joint. The medical term for this disease is **Osteoarthritis** and the most commonly affected joints are the hips, knees, spine, neck, fingers and wrists; however almost any joint can suffer.*

Who is most prone to developing the condition of Osteoarthritis?

- *Osteoarthritis is the most common type of Arthritis. Unfortunately most people are likely to develop this disease at some level from around the age of 40 onwards. In the UK alone there are now **8.6 million sufferers**. In its mildest form people accept it as wear and tear or aches, pains and stiffness brought on by age. In the worst cases it is an extremely painful and debilitating disease. There is an increased risk of the disease developing in a bone or joint that has suffered a previous trauma. i.e. a sports injury or fracture, etc.*

Can I increase collagen in my body just by altering my diet alone?

- *Yes and No... Certain foods such as oily fish containing omega 3 fatty acids, turkey, red meats and green leafy vegetables can help to slow down the speed at which we lose our collagen production capabilities. Unfortunately, as we start to get older a healthy diet alone will not boost our collagen significantly enough to make a beneficial difference.*

*Ideally we need to ingest 10,000mg (10g) of Hydrolysed Collagen per day in order to enjoy the various benefits that fully stocked reserves can deliver. The best known practical and effective approach is to use a high-strength natural food supplement health drink, such as "**Avesta Hydrolysed Collagen**".*

Why should I choose the Avesta product over one of the others on the market?

- *Avesta Collagen is a high quality British product manufactured in the UK. Avesta is one of the leading trusted brands in Hydrolysed Collagen and has been established in the market for **over 15 years**.*

*It was formulated by a **Professor of Rheumatology** whose life's work and expertise lay in Hydrolysed Collagen supplementation along with a biochemist who'd previously worked with some of **Britain's Olympic athletes**. The Avesta collagen drink is a high-strength premium product containing 10,000mg (10g) of Hydrolysed Collagen in each 39 calorie daily serving, making it one of the strongest and most concentrated collagen supplements on the market.*

Hydrolysed Collagen is made using a highly specialised and guarded process to create tiny peptides which are the amino acids of collagen in their smallest and most bio-available form. As such these peptides are unaffected by stomach acids allowing them to be totally absorbed and fully utilised by the body.

*In addition, Avesta contains 19 carefully chosen vitamins and minerals; the unique blend is absolutely critical as the balance must be very specific to ensure collagen remains fully bio-available when taken in these highly concentrated single hits. Avesta comes in a dried powder form, when mixed with a "small" amount of water it produces a pleasant tasting orange flavoured drink. Each tub contains a 30 day supply. The cost works out at **a mere £1 a day** when following the recommended usage.*

What are the key benefits I might enjoy by drinking Avesta Collagen on a daily basis?

- Of course everyone is different and the various benefits an individual might enjoy will be subjective. Here are just a handful of the most commonly reported key benefits experienced by various Avesta users after only 60 days of recommended daily usage:
 - *Joint pain significantly reduced or eradicated*
 - *Joint stiffness alleviated or banished*
 - *Rejuvenated younger looking skin; less wrinkles, more hydrated (head-to-toe)*
 - *Increased energy levels*
 - *Faster healing times from soft tissue damage, e.g. sports injuries, etc*
 - *Faster recovery times from intensive workouts, e.g. body building, cycling, etc*
 - *Improved hair condition; thicker, better growth and texture*
 - *Stronger, smoother, fast growing nails*
 - *Constipation abated; aids regular bowel movements*
 - *Much improved sleep*

How long do I need to use Avesta before I start to enjoy the various benefits?

- *Avesta Collagen starts to work immediately from the first day you drink it; many customers begin to notice some of the benefits breaking through before the end of their first month's supply. However, it does of course take time for collagen to build up properly within your body; therefore, realistically it usually takes anywhere between 6 to 10 weeks of "uninterrupted" daily ingestion before the full effects and benefits can be best judged and truly appreciated.*

Are the benefits permanent... what happens if I stop drinking Avesta?

- *It is important to understand that Avesta is **not** a medicine or a cure for any given condition or disease! It is however a powerful, potent and effective natural food supplement. The effects and benefits are achieved by significantly increasing the supply of collagen in the body. Therefore, 3 to 6 weeks after any discontinuation of Avesta will mean that collagen levels will naturally fall again; returning to the equivalent levels that were present prior to using Avesta Hydrolysed Collagen. Unfortunately, this means you will also start to notice any previous ailments slowly but surely reappearing.*

Why does my urine sometimes turn a brighter colour on the next visit after drinking Avesta?

- *Not everyone finds this and for those that do, it is nothing at all to be concerned about. The colour change in some people's urine is not actually caused by the Hydrolysed Collagen. It is a result of ingesting the B2 Vitamin (Riboflavin) that has been added to Avesta. In some people, taking a Vitamin B2 supplement can cause their urine to become a brighter colour on their next visit; this is a 100% totally harmless after effect.*

Is Avesta Hydrolysed Collagen only meant for people currently experiencing skin issues, fine lines and wrinkles or stiff and painful joints?

- **NO... absolutely not!** *Avesta Collagen is a premium quality 'protein dense' food and vitamin supplement that will help to maintain an all-round healthy active lifestyle. Prevention is always the best policy. Maintaining high levels of collagen in your body long before your natural production begins to decline can only have a positive impact on your future years.*

Today is always the best day to start investing in your health!

You Can Order Avesta NOW from:

www.avestacollagen.com

Tel: 0161 241 9408

naturalhealth

with
**MIKE
ARNOLD**



Natural remedy for joint pain

I HAVE recently been diagnosed with osteoarthritis. My specialist has recommended I try taking collagen. What do you think?

OSTEOARTHRITIS is a disease of cartilage and bone caused by wear and tear, or trauma to the joint. Initially the cartilage lining the joint cracks and splits – a process called fibrillation – and eventually falls away, exposing the underlying bone, leading eventually to bone-to-bone contact. Osteoarthritis is by far the commonest condition affecting joints in the developed world. In fact, over the age of 65 some 60-65 per cent of people suffer from it. While it can affect any joint, those which bear the most weight (the hip) or make the most movements (finger joints) are more frequently affected.

There is initially stiffness and pain which characteristically worsens with usage, and as the day goes on, though some patients find the pain worse at rest. The pain may be relieved by using painkillers and by injecting steroids into the joint, and weight loss together with physiotherapy and walking aids may also help. Many, however, come to require joint replacement – a highly successful operation.

That is why I suggest that you start taking a combination of collagen hydrolysate plus glucosamine sulphate immediately. Collagen hydrolysate is collagen in its most absorbable form. Collagen is essential for maintaining healthy joints. The problem is that as we age our body's production of collagen can decrease substantially. Taking a good collagen supplement is therefore essential for healthy supple joints.

Glucosamine sulphate is the classic natural remedy for joints. Glucosamine has proven anti-inflammatory properties. It also helps in the formation of synovial fluid into the joints. This is the oil that lubricates the joints. Like collagen this is naturally present in the body but levels drop as we get older, hence the need to take a supplement.

I recommend a product called Avesta.

This is an excellent product which is taken daily (mixed with water or fruit juice to make a delicious drink). Each 13gram serving contains an impressive 10,000mg of collagen hydrolysate combined with 1000mg of glucosamine sulphate. It also contains a selection of 18 vitamins and minerals that have been shown to have a beneficial effect on joint health. At £29.99 for a month's supply, I believe this represents excellent value for money for a premium product, which is totally natural and produces excellent results. You can purchase the product and most health shops in Lancashire sell it, or go on line at www.avestacollagen.com.

KISS OF LIFE FOR VICTIMS OF ARTHRITIS

Collagen cocktail can ease the pain

Once it was used only for cosmetic surgery. But collagen injected into lips to give that "bee-sting" look made famous by Madonna, is now being used in the fight against arthritis.

Scientists have discovered that the product, a fibrous protein found in bone and cartilage, helps ease the symptoms of the crippling condition which affects millions of people in the UK.

It is available in a powder form which is simply dissolved in water and drunk in the morning.

To date most of the research on the subject has been conducted by researchers in Prague. Thousands of sufferers in the Czech Republic already take this health drink after research conducted by Professor Milan Adam, professor of rheumatology at Prague University, showed benefit in patients with rheumatoid arthritis and post-menopausal osteoporosis.

He says: "There are many studies showing that collagen can play a supportive and pain-reducing role in the treatment of degenerative joint conditions." Now it has been launched in the UK and will soon be available in other European countries.

Professor Adam claims it works by supplementing the body's natural cartilage-easing the symptoms of arthritis and improving mobility, especially of hip and knee joints.

It also acts as an anti-inflammatory agent, reducing the pain.

The research programme has now been extended to Britain, where scientists from the Victoria Hospital in Blackpool, Lancs, have stated trials. So far, 60 patients with

osteo-arthritis, rheumatoid arthritis and osteoporosis are taking part.

Similar research, involving people with sports injuries, is about to take place at a specialist clinic.

Dr Ian Stewart, a rheumatologist involved in the Blackpool trials, says: "We are looking at a number of patients and it's early days so far. "But if successful, he plans larger trials. The collagen used in the trials is made by treating gelatine in Germany and France with special enzymes. It is blended and packed in Lancashire.

Professor Adam, who has treated sufferers for more than 40 years, revealed that patients using collagen require fewer painkillers.

He says: "The drink builds up a pool of amino-acids in the body which considerably improves the nutrient layer of the cartilage tissue." A team of researchers at the world-famous Harvard Medical School is also investigating the use of collagen.

Although they stress the project is at an early stage, they have published first results.

Arthritis sufferers taking one dose a day for up to three months showed "significant improvement" when walking distances of up to 15 metres.

Four out of the 60 patients treated with collagen found their symptoms disappeared.

Manufacturers say that people taking the drink should continue taking their conventional medication, although as the collagen supplement continues you may be able to take fewer and fewer painkillers. There are no reported side-effects to the treatment.

Avesta Hydrolysed Collagen Nutrition Information

High Nutrition Value Orange Flavoured Drink Mix (390g Tub): Hydrolysed Collagen Amino Acid Peptides with Glucosamine and 19 Vitamins and Minerals. Avesta Collagen is a (porcine) protein 'natural' food supplement which helps to maintain: Joints, Skin, Hair, Nails and a healthy active lifestyle.

Ingredients: Hydrolysed Collagen (porcine) (77%), Glucosamine Sulphate (7.7%), Fructose (5.4%), Magnesium Sulphate, Citric Acid, Vitamins and Minerals Blend, Phosphate, Natural Flavouring, Emulsifier Lecithin, Calcium Carbonate, Beetroot Juice Powder, Sucralose.

Allergy Information: Contains **Soya**; may contain **Shellfish** or their derivatives. Our factory sometimes handles: Gluten, Milk, Egg, Celery, Mustard & Sesame Seeds.

Typical Analysis: Each 13,000mg (13g) serving (measuring scoop provided inside each tub) provides Hydrolysed Collagen 10,000mg (10g), Glucosamine Sulphate 1,000mg (1g) plus 19 Vitamins and Minerals.

Directions for Use: Retrieve the 25ml measuring scoop supplied within the mix. A correct 13g daily serving of Avesta is 'slightly less' than a level scoop. Add approximately 150ml of Cold Water on top of the mix and stir or shake vigorously. Allow a minute to stand and dissolve fully before drinking. Avesta collagen powder makes a pleasant tasting orange flavoured drink. Mix Avesta with fruit juice or flavoured water, if preferred. Consume Avesta once a day, every day, ongoing without interruption. Can be taken any time of day or night. Best accompanied with a snack or "light" meal, although this is not absolutely essential. Allow 60 to 90 days of continuous use before the attainment of optimal results. Always reseal the airtight lid after each daily use!

Nutrition Information	Per 100g	Per 13g serving	13g (%RI)*
Energy	1268 kJ 299 kcal	165 kJ 39 kcal	(2%) (2%)
Protein	67.3g	8.8g	(18%)
Carbohydrate	6.5g	0.8g	(0.3%)
of which sugars	5.2g	0.7g	(0.8%)
Fat	0.4g	0.05g	(0.07%)
of which saturates	0g	0g	(0%)
Salt	0.5g	0.07g	(1.2%)
Vitamins	Per 100g	Per 13g serving	13g (%NRV)**
Vitamin A	4.2mg	550.0µg	(69%)
Vitamin C	1085.7mg	141.2mg	(176%)
Vitamin D	18.3µg	2.4µg	(47%)
Vitamin E	37.9mg	4.9mg	(41%)
Thiamin (B1)	9.2mg	1.2mg	(109%)
Riboflavin (B2)	7.9mg	1.0mg	(73%)
Niacin (B3)	88.0mg	11.4mg	(72%)
Pantothenic Acid (B5)	18.8mg	2.5mg	(41%)
Pyridoxine (B6)	5.8mg	748.0µg	(53%)
Biotin (B7)	200.0µg	26.0µg	(52%)
Folic Acid (B9)	1.7mg	218.0µg	(109%)
Cobalamin (B12)	20.0µg	2.6µg	(104%)
Minerals			
Calcium	156.0mg	20.3mg	(3%)
Copper	140.0µg	18.2µg	(2%)
Iron	8.3mg	1.1mg	(8%)
Magnesium	860.0mg	111.8mg	(30%)
Iodine	1.5mg	193.0µg	(129%)
Phosphorus	345.0mg	44.9mg	(6%)
Zinc	4.1mg	540.0µg	(5%)

* Daily Percentage of Reference Intake (RI) for an average adult (8400kJ/2000kcal)

** Daily Percentage of Nutrient Reference Value (NRV)