



Collagen

the skin saviour

It's time to stop loading cosmetics on your skin, instead start from the inside out for youthful, glowing skin.

Collagen constitutes 25 per cent of your body's protein. The most common form is type I, found in the skin, bones, tendons, ligaments and parts of the eye. The most important role of collagen in the body is providing the structural 'scaffolding' that surrounds cells and supports cell shape so they can develop and function, just as steel mesh reinforces a concrete block.

Collagen plays a vital role in the health, growth and repair of all body tissues, including the skin, mucous membranes, ligaments and tendons, as well as bones and cartilage. Collagen also exhibits antibacterial, cholesterol-lowering and immune-regulating activity and acts as an antioxidant, blocking free radicals and protecting skin cells from ultraviolet (UV) radiation and reducing the signs of photo-ageing. Collagen's structure gives skin its strength and durability, and is a vital part of the internal framework or structure that is responsible for smooth, firm, beautiful

skin. A decline in collagen, however, leads to wrinkles and the appearance of aged skin.

Wrinkle prevention


With age, the skin's level of collagen drops by around 1.5 per cent each year. This is due to two factors: one, a natural decline in collagen production, and

Users of collagen beauty supplements report seeing improvements in a few weeks, and they are amazed by the results. Users report actually feeling their skin is noticeably improved, not only does it look better but it 'feels' better too. One person explained, 'oh wow! I am in love with my skin.'

two, an acceleration in its degradation, thanks to increased activity by the enzyme collagenase. Without collagen, our skin dries and wrinkles from not being 'fed' from

the underlying epidermis. Combined with other skin-ageing factors, such as nutritional deficiencies, exposure to environmental toxins like cigarette smoke and UV radiation from the sun, you have the perfect recipe for wrinkled, sagging skin.

The answer, strangely enough is to supplement your diet with collagen, the best form being obtained from fish. Vitamin C also enables the rebuilding of your skin collagen, while skin-loving vitamins A and E along with minerals zinc and silica support the repair and growth of skin, hair and nails.

You can protect your skin's collagen levels by avoiding radiation from the sun, thereby minimising free radical damage. But also vastly increasing your intake of these skin protecting antioxidants, obtained from fruit extracts further reduces the damaging impact of free radicals hitting the skin surface. For battling other causes of skin deterioration, and the exposure to environmental toxins that you cannot avoid, a nutritional supplement like Morlife's Antiox Beauty Collagen will help to optimise natural skin function and ward off signs of ageing. Check the box "Fact file: Collagen" to ensure your supplement measures up. 



Collagen facts

- There is no such thing as vegan collagen. Collagen is made from gelatine and it typically comes from bovine, porcine or marine sources. Gelatine consists of very large protein chains which need to be digested and broken down into amino acids before they can enter the body's circulatory system and have any beneficial effect.
- Breaking gelatine down into smaller chains of collagen peptides ensures collagen ends up where it needs to be, and means you are replenishing lost collagen in a form the body can actually use.
- Marine origin collagen is used in medical therapeutic applications to accelerate wound healing. Marine collagen peptides are smaller than bovine or porcine, increasing their absorption by 50 per cent; they also have a very specific amino acid composition, that stimulate, strengthen and repair the skin, joints and bones, and improving collagen status.
- Hydrolysed marine collagen is a superior bioactive skin food and has been shown to promote the formation of both type I and type III collagen. Taking just one gram a day reduces age-related collagen degradation in six weeks; by 12 weeks, it will improve skin hydration and elasticity and decrease wrinkles.
- It takes the skin between 27 and 42 days to renew itself, but the changes from regular collagen supplementation certainly becomes evident and the results speak for themselves.

Get your GLOW on...

The answer, nutrition from the inside.

As we age we lose 1.5% of the skin protein structure - collagen - per year. Skin dries, lines appear...

Cosmetics were the answer to apply to the outside. Now we have the solution, rebuilding the collagen, the structural protein in skin through taking hydrolysed marine collagen plus other key nutrients.

Antiox Beauty Collagen was formulated by our research naturopaths and nutritionists and it is the most comprehensive formula on the market.

Try our collagen today and in a few weeks you will see and feel the results.

Get glow in your life again!

Pia Muehlenbeck
Morlife Ambassador

