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COLLAGEN VEGGIE BLEND

What is the Collagen Veggie Blend?

Vital Proteins and Dr. Sarah Ballantyne have joined forces to create the [Collagen Veggie Blend](#), a nourishing blend of 11 USDA Organic fruits and vegetables with 20g of collagen peptides (per serving) that adds a vital dose of nutrients into your diet. This AIP Approved blend promotes youthful skin, healthier hair, and stronger nails, maintains healthy joints and bones, and supports skin hydration and elasticity.



Benefits of the Collagen Veggie Blend

Vital Proteins Collagen Veggie Blend is a nourishing blend of 11 fruits and vegetables and 20g of collagen per servings, giving the body vitamins, antioxidants, and fiber. This Whole30 Approved, paleo friendly, AIP Approved blend supports hair, skin, and nail health, promotes bone and joint strength, and supports overall gut health. The Collagen Veggie Blend is blendable in smoothies, sauces, or simply water for easy consumption that will replenish and restore for a full, vital life. Making the Collagen Veggie Blend part of a daily routine offers several benefits:

Maintaining bone and joint health

Collagen contributes to supporting joint health often associated with aging and has shown to reduce signs of joint deterioration (2). Studies have shown that collagen is effective in treating patients with osteoarthritis and other disorders (1).

Three servings of fruits and vegetables

The Collagen Veggie Blend contains 11 USDA Organic fruits and vegetables, including spinach, kale, carrots, blueberries, blackberries, strawberries, lemons, raspberries, broccoli, acerola cherries, and cranberries which provide vital nutrients, vitamins, and antioxidants. One serving of the Collagen Veggie Blend contains 11,190 IU of Vitamin A (220% Daily Value), 180mg of Vitamin C (300% Daily Value), and 6g of fiber.

Rich in Glycine

The Collagen Veggie Blend contains 18 amino acids, including 3,719mg of glycine. Glycine is an essential amino acid that is integral in building muscle and has been shown to maintain lean muscle mass in aging adults, support production of cartilage joints, and helps produce the human growth hormone (3).

Supports skin hydration and elasticity

Studies have shown that collagen improved skin elasticity in women when ingested (4). Amino acids and [collagen](#) associated with bone broth have been scientifically shown to be directly related to [healthier skin](#); higher intakes of collagen are associated with increased hydration and reductions in signs of aging on the skin such as wrinkles, fine lines and sagging (5).

Sources

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- (5) Asserin, Jérôme, Elian Lati, Toshiaki Shioya, and Janne Prawitt. "The effect of oral collagen peptide supplementation on skin moisture and the dermal collagen network: evidence from an ex vivo model and randomized, placebo-controlled clinical trials." *Journal of Cosmetic Dermatology* 14.4 (2015): 291-301. Web.