



## Ingredients:

Collagen Powder with Vitamin C contains Type I and Type III collagen

**Recommended Serving:  
1 Scoop per day**

## Product Summary

Type I collagen is abundant in the skin, tendons, and bones, providing structural support and elasticity. Meanwhile, type III collagen plays a crucial role in the integrity of major organs and blood vessels. Together, these collagen types contribute to the overall health and resilience of your connective tissues.

The addition of vitamin C plays a vital role in collagen synthesis, enhancing the body's ability to produce and maintain these structural proteins. This combination may promote healthier skin, stronger joints, and improved overall connective tissue function.

Moreover, the presence of vitamin C further extends the product's potential benefits. As a powerful antioxidant, vitamin C helps protect the skin from oxidative stress, reducing the impact of free radicals and supporting a youthful complexion. Additionally, it boosts the immune system and aids in the absorption of iron, promoting overall well-being. With this comprehensive blend, this product is poised to offer a holistic approach to skin, joint, and overall health.

## Responsible Cautions

- ▶ Keep out of reach of children and pets.
- ▶ If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.

## Ingredient Highlights

### Type I Collagen:

Bovine collagen is rich in some of the most essential amino acids, namely glycine and proline. Glycine has a number of functions, including joint repair and muscle growth. Proline is good for skin and wound healing, and also supports the cardiovascular system.

### **Research:**

<https://pubmed.ncbi.nlm.nih.gov/?term=type+1+bovine+collagen>

### Type III Collagen

In addition to accelerating wound healing, marine collagen has also been shown to have anti-aging properties by slowing the aging process in mice. Studies on humans have also shown that marine collagen can reduce wrinkles, improve skin elasticity, and enhance the overall structure and appearance of skin.

### **Research:**

<https://pubmed.ncbi.nlm.nih.gov/?term=type+III+marine+collagen>

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