



# COLLAGEN BOOST

HYDRATE

100% Pure marine collagen peptides





# Signs of diminished collagen production include:

**HYDRATE**

- Loss of skin volume
- Wrinkles
- Crepey skin
- Weakening or loss of muscle
- Stiff joints
- Gastrointestinal disorders due to weakening of the lining of the gut



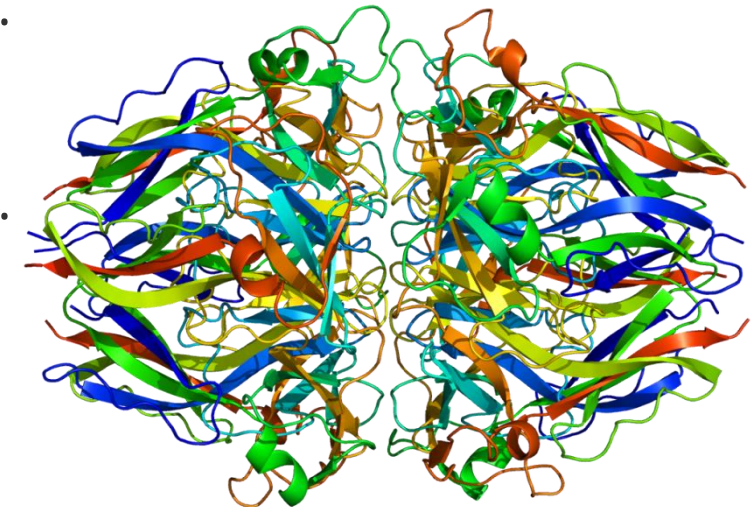
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# Many types of collagen

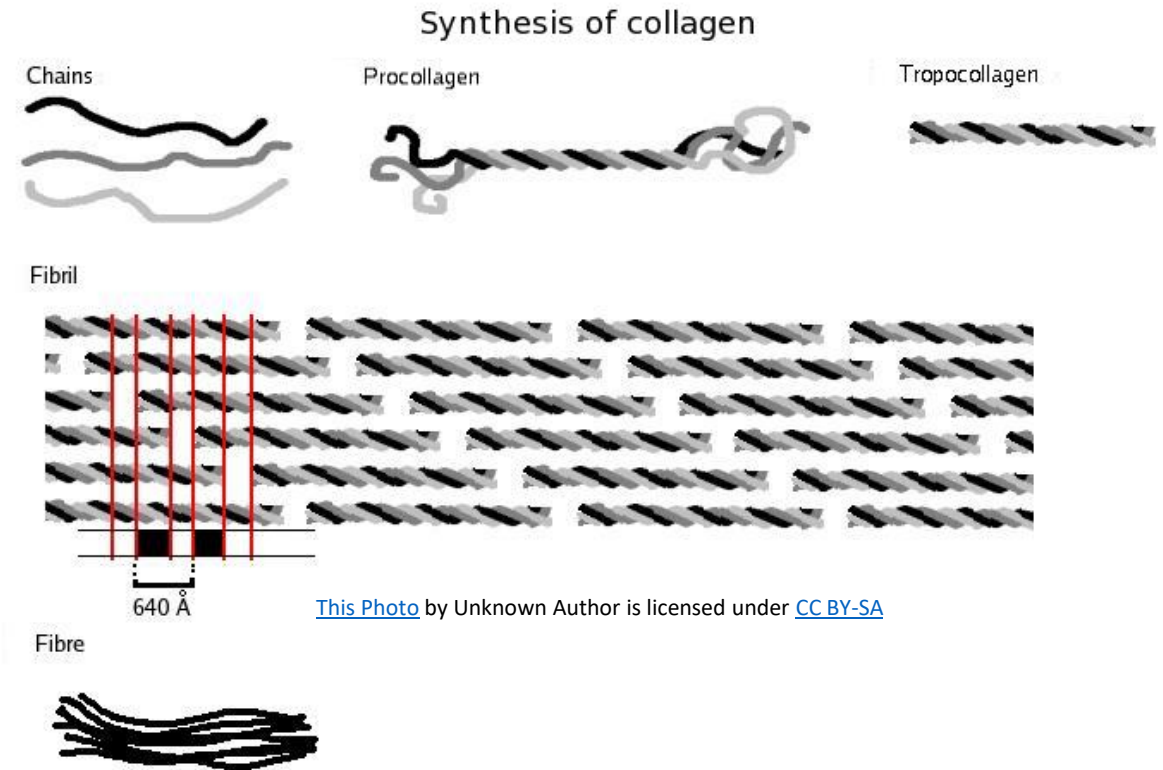
- **Type I** Found in organs, bones, skin, and tendons. Type most responsible for healthy skin. Most abundant in skin.
- **Type II, IX, X, XI** Found in cartilage.
- **Type III** Very similar to Type I in its effect on skin appearance
- **Type IV** Found in the filtration membranes of capillaries.
- **Type V, VI** Found with Type I.
- **Type IV** Found in the filtration membranes of capillaries.
- **Type VIII** Found in the lining of blood vessels.
- **Type XIII** Works with Type I and Type III.





# Collagen synthesis

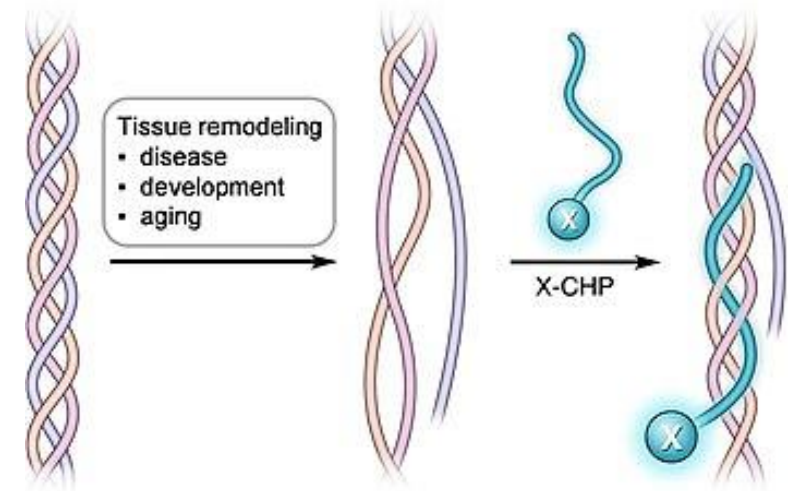
- Collagen is the primary structural protein found in skin, and is comprised of long, fibrous strings of amino acids.
- Collagen is formed by specialized cells in the dermis called fibroblasts.
- When stimulated by molecules known as fibroblast growth factors, they synthesize small subunits of collagen, known as procollagen. These subunits are then transported out of the cell where they are strung into long chains that resemble fibres.





# Native collagen vs collagen peptides

- Native proteins are unable to be absorbed directly into our blood stream – they first need to be broken by protease enzymes in our stomach (pepsin & trypsin) into single amino acids.
- Long collagen chains are enzymatically hydrolyzed (broken down) to smaller pieces (peptides) to make them more bio-active and bio-available. Peptides are able to cross the intestinal mucosa via the transporter PEPT-1 and be directly absorbed hence why the molecular size of the collagen peptides is important.
- Collagen peptides have been shown to directly increase collagen, elastin and HA synthesis in our skin by stimulating fibroblasts.
- Marine collagen peptides have been shown to have superior bioavailability and improved skin hydration and elasticity.
- Marine collagen peptides are the gold standard.



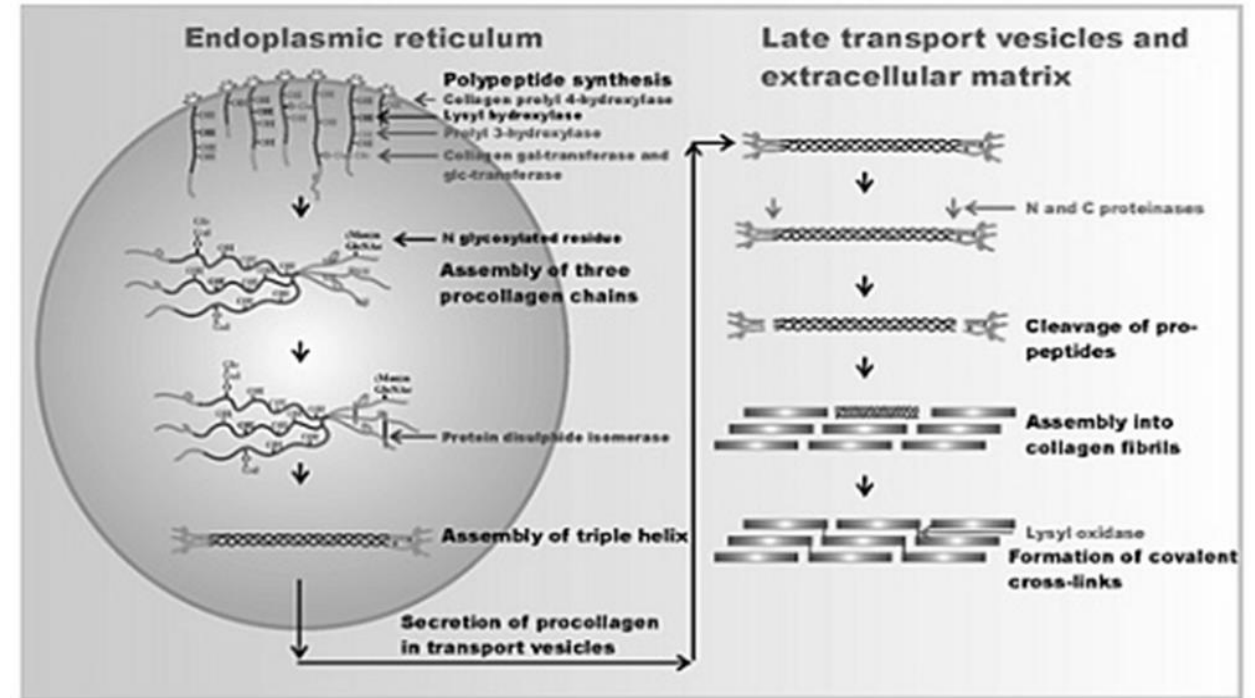
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# Marine collagen peptides

- Stimulate collagen production
- Increase hydration
- Increase elasticity
- Inhibit MMP's degradation of collagen and elastin
- Protect against UV damage
- Digestive health
- Close tight junctions, leaky gut
- Liver health







## Typical value Amino Acid profile g/100g protein

- Glycine 29.24
- Alanine 10.85
- Hydroxyproline 7.02
- Proline 12.19
- Valine 2.37
- Leucine 2.93
- Isoleucine 1.65
- Serine 7.44
- Threonine 3.06
- Aspartic acid 7.44
- Glutamic acid 11.98
- Methionine 1.67
- Cystine <0.006
- Tyrosine 0.77
- Phenylalanine 2.12
- Histidine 1.42
- Arginine 9.77
- Lysine 4.28
- Ornithine <0.05
- Tryptophan 0.06





# COLLAGEN BOOST

RRP \$72  
30 serves

HYDRATE

## 100% Pure marine collagen peptides

### Pure

Marine collagen from wild caught fish found in the crystal clear waters of the North Atlantic.

### No nasty chemicals

Single source, pure marine collagen peptides

### Easy

Unflavoured, easy to add in coffee, tea, smoothies cooking and with other VITA-SOL ingestibles. 2 tsp daily



- Wild Caught
- GMO Free
- No Flavour
- Gluten Soy, Dairy & Sugar free

### Nutritionist developed

Developed in conjunction with accredited Nutritionist, Fiona Tuck.

### Clean ingredients

No: GMO, eggs, nuts, gluten, dairy, synthetic vitamins, artificial ingredients, flavours, colours, preservatives or additives.

### Suitable for skin elasticity, hydration, lines and wrinkles

### Certified Sustainably Sourced







# COLLAGEN BOOST COMBINATIONS

HYDRATE



- Skin elasticity
- Collagen degradation
- Sun damage
- Glycation
- Lines & wrinkles
- Rosacea

- Wound healing
- Acne scarring
- Cellulite
- Hydration
- Hair & nails

- Increased gut permeability
- Leaky gut
- Liver support
- Eczema
- Psoriasis





# How to take



- 2 flat teaspoons every day
- Can be mixed together, 1 heaped teaspoon (2 flat) of each. If sensitive start with a smaller dose.
- Add to directly to coffee, unflavoured

