

COLLAGEN

Care for your joints, bones and skin

Contains collagen Peptides with high bioavailability

Contributes to bone and cartilage health

With Hyaluronic Acid, Magnesium and Vitamin C

Collagen Collagen is a protein present in the connective tissues and is key to skin, bone and cartilage regeneration and elasticity.

The ingredients of Weider's Collagen have been carefully chosen to stimulate the production of collagen to help regenerate bones and cartilages. In addition, its exceptional formula is ideal to protect skin from ageing and oxidative damage, thus contributing to keep it firm and young.

Collagen is low in fat and sugar and easy to mix and use. It is perfect for all ages, whether you are young and you want your joints to keep up with your workouts, or your joints have started to show signs of exhaustion. And of course, it is highly recommended if you wish to protect and boost the natural beauty of your skin. Collagen has a neutral taste and only contains a sweetener extracted from Stevia with no calories.

What makes Collagen different from other collagens?

Collagen peptides (100% Peptan®): Its bioactive peptides come from bovine collagen. Hydrolyzed collagen is easily digested and absorbed so it is very tolerable. Besides, it produces no food allergies.

Not all collagens are the same:

Collagens can be classified according to their origin. Peptan® is a Type I collagen, the same as that found in human bones and skin. Peptan® is obtained through the best manufacturing processes. To favor its absorption and bioavailability collagen must be hydrolyzed so Peptan®'s hydrolysis is done through a careful enzymatic process that maintains all the properties of its bioactive peptides. Peptan® is the leading brand of collagen and it has been endorsed by efficacy and safety clinical studies. It contains no additives or preservatives.

• **Magnesium:** an essential mineral to support bone and muscle health. Collagen contains magnesium citrate, the form with the highest quality and absorption rate.

• **Vitamin C:** an essential vitamin for the correct formation of collagen fibers. In addition, vitamin C is a powerful antioxidant that helps fighting oxidative damage and protects skin, cartilages and bones from ageing. Collagen contributes with 100% of the recommended amount of vitamin C.

• **Hyaluronic Acid:** a compound naturally present in the human body, especially in the cartilages and the skin. It hydrates and contributes with an important structural function. It optimally complements the function of peptides of collagen, vitamin C and magnesium.

Ingredients: Hydrolyzed bovine collagen peptides (100% Peptan®), Magnesium Citrate, L-ascorbic Acid (vitamin C), Hyaluronic Acid and sweetener: Stevia extract (steviol glycosides). May contain lactose, soy, gluten and egg traces.



Peptan®

	per 100 g	per serving**
Energy	1464 KJ / 346 Kcal	146 KJ / 35 Kcal
Fat	0,0 g	0,0 g
- Of which saturated	0,0 g	0,0 g
Carbohydrates	1,0 g	0,1 g
- Of which sugars	<0,1 g	<0,01 g
Protein	85,5 g	8,55 g
Fibre	0,0 g	0,0 g
Salt	1,33 g	0,13 g
Vitamin C	800 mg (1000%*)	80 mg (100%*)
Magnesium	574,2 mg (153,1%*)	57,4 mg (15,3%*)
Hialuronica Acid	120 mg	12 mg

** 10g powder mixed with 200 ml water

*% NRV = Percentage of Daily Reference Intakes for Adults

PROFESSIONAL ADVICE

DIRECTIONS: Take one portion per day (10g of product mixed with 200ml of water).

RECOMMENDATION: Thanks to its neutral flavor Collagen may be mixed with your favorite drink, yogurt or may be added it to your post-workout shake. The perfect supplement to combine with Collagen is Glucosamine Chondroitin Plus MSM.

PRESENTATION: Tin 300 g (30 services)

FLAVOUR: Neutral



WEIDER®

COLLAGEN

Care for your joints bones and skin

FAQ

WHICH AMOUNT IS EFFECTIVE?

The studies show results with a dose of 9-10 g / day.

CAN A DIABETIC CONSUME WEIDER COLLAGEN?

Yes, since it's sugar free and contains Stevia.

I AM ON A STRICT DIET, CAN I TAKE IT?

Yes, since it's zero sugar, zero fat.

CAN I COMBINE IT WITH OTHER SUPPLEMENTS?

Yes, of course it can be combined with vitamins, minerals, proteins, amino acids, cholesterol reduction treatments, and any other supplement.

FOR WHAT AGE IS IT RECOMMENDED?

From 25 years old if you do sport or you have problems in your joints. Highly recommended from 35 onwards for bones, joints, skin, teeth care; especially recommended for bone health for older people.

WHICH FORMAT IS BETTER? Tablet, liquid or powder?

Powder format provides more Collagen per dose. For example, 9,5 g in powder versus 6 g in tablets or in ampoules. Also, powder format is easier to take for older people, and can be mixed with any drink.

CAN A CELIAC TAKE WEIDER COLLAGEN?

It does not contain gluten but may contain traces. So we wouldn't recommend it for celiac people.

WHEN CAN I TAKE IT?

Every day, at any time, for example, at breakfast time. Can be taken before or after a meal or during a meal.

WHEN WILL I NOTICE RESULTS?

In 2-3 weeks you'll notice its effects in joints, skin, and bones.

WHY HYDROLIZED COLLAGEN?

Because it's easier to absorb.

HOW DOES IT COMPARE TO WHEY PROTEIN? DOES COLLAGEN HELP MY MUSCLES?

Whey protein is the right supplement to take after exercise to support your muscle mass. Collagen helps you to take care of your bones and cartilage every day, no matter if you exercise or not.



For more information www.weidercollagen.com