



ORGANIC BOVINE COLLAGEN

Tasteless and odorless, it integrates seamlessly into your daily routine.

PURE & ORGANIC INGREDIENTS:

- Sourced from **grass-fed**, pasture-raised bovines
- **100%** pure collagen peptides,
- Free from additives, gluten, dairy, and artificial ingredients.
- Non-GMO and tested for purity and safety.

DIRECTIONS:

Take 5g daily. In the morning & evening with a meal, either food, in a smoothie, water or coffee

- ① Morning Drink – Add 1-2 scoops to your smoothie, coffee, or tea.
- ② Soups & Bakes – Boost recipes with collagen for extra protein.
- ③ Hot or Cold Drinks – Stir into your favorite beverages and enjoy.
- ④ Herbal Teas – Mix into chamomile or rooibos for a calming boost.

DID YOU KNOW?

Collagen is the most abundant protein in the human body, acting as the **building block** for your **skin, hair, nails, joints, and connective tissues**. As we age, our body's natural collagen production **declines**, often resulting in visible signs of aging, joint discomfort, and reduced **skin elasticity**.

Studies show that collagen supplementation can help **replenish** these stores, restoring skin's youthful glow and supporting **joint health**. Hydrolyzed collagen peptides—like those found in our formula — are **bioavailable**, meaning they are **easily absorbed** to deliver maximum benefits quickly.

BENEFITS:

SKIN HEALTH AND ANTI-AGING

Collagen supports skin elasticity, hydration, and resilience, helping reduce the appearance of fine lines and wrinkles. Studies show that consistent collagen supplementation can improve **skin elasticity** and **moisture retention** over time.

JOINT AND BONE SUPPORT

Rich in amino acids, bovine collagen replenishes the body's natural collagen stores, aiding in **joint lubrication** and bone strength for active lifestyles.

GUT AND OVERALL WELLNESS

Collagen enhances gut health by supporting the intestinal lining, promoting better digestion, and contributing to a strong immune system.

STRENGTHENS HAIR & NAILS

Collagen provides essential amino acids that support **hair growth** and **nail strength**, reducing brittleness and promoting healthier, thicker hair and nails over time.

MUSCLE RECOVERY & STRENGTH

Rich in **glycine** and **proline**, collagen aids in muscle repair after exercise, promotes lean muscle mass, and supports overall muscle strength.

IMPROVED SLEEP & MENTAL CLARITY

Glycine in collagen helps promote **restful sleep**, reduces stress, and **improves** cognitive function and mental clarity, supporting overall well-being.

WEIGHT MANAGEMENT

Collagen helps curb hunger, supports **metabolism**, and promotes the maintenance of lean muscle mass, making it easier to manage **healthy weight**.



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