Hydrolyzed Collagen Protein

Great-Tasting Collagen Protein

Hydrolyzed Collagen Protein is a nutritious dairy-free protein powder made from a highly concentrated and pure bone broth isolate. The protein is sourced from hormone-free, antibiotic-free, non-GMO cows in Sweden, and is ideal for dairy-sensitive patients or those who desire a collagen source of protein.

Hydrolyzed Collagen Protein utilizes a cutting-edge infusion process to preserve critical nutrients, amino acids, peptides, nucleotide fractions, vitamins and minerals. Using this chemical-free process of hydrolysis and ultrafiltration, the protein is split down into an increased number of fragments, which results in higher absorption and assimilation of amino acids and protein.

Product Features

Easily digested	Non-GMO
Low Allergenicity	Gluten free
Good BCAA Profile	Dairy free
Dairy alternative	Soy Free
Grass-fed	Egg free

A Complete Protein Source with Collagen Benefits

This protein powder provides 21 grams of protein per serving plus Types I, II and III collagen peptides. The basic structure of collagen consists of a triple helix made up of three alpha strands formed mainly of glycine, proline and hydroxyproline. The difference in collagen types is due to specific patterns of amino

acids within the alpha strands that form the triple helix. Type I collagen is common in skin, bones, tendons, ligaments, vascular ligature and organs. Type II is primarily found in cartilage. Type III is most commonly found in tissues with elastic properties and in the fibrous protein in bone, cartilage, tendons and other connective tissues.

Collagen loss begins between 18 and 29 years of age. By the time a person in 80 years old collagen production has slowed by 75% as compared to young people. Many signs of aging include loss of elasticity of the skin, stiff joints and muscle loss. Other signs of collagen deficiency may include excessive skin wrinkles, blood pressure problems, achy muscles, cellulite, dental problems, thinning hair and brittle nails.

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Supplementing with collagen has been shown in studies to be beneficial for mitigating some of these effects of the aging process. One study showed that food-derived peptides increased in the blood within an hour of ingestion and reduced to baseline levels after 24 hours, illustrating the importance of a balanced diet or regular, daily supplementation.[1]

Factors that damage collagen include sugar and refined carbohydrates, excessive sun exposure, smoking and some autoimmune disorders. Sugar interferes via glycation with the ability of collagen to restore itself, while UV exposure reduces collagen production. Collagen integrity can be preserved by eating well and avoiding sunburns.

The main dietary sources of collagen are the connective tissues of most animal foods. Bone broth is a rich source. There is some debate over the absorption of collagen, however, research is showing that hydrolyzed collagen peptides are well-absorbed and bioavailable.[2]

Abundant research has demonstrated positive effects of collagen supplementation on skin,[3] joint integrity and function,[4,5] bone health,[6] gut lining integrity,[7] and increased muscle mass.[8]

Packed with branched chain amino acids, **Hydrolyzed Collagen Protein** has a higher nitrogen score than whey (above 100) and yields 21 grams per serving. Easy to mix and delicious, **Hydrolyzed Collagen Protein** comes in Chocolate and Vanilla Crème flavors.

* Amino Acid profile may vary
** Essential Amino Acids
† Branch Chain Amino Acids

References

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Typical Amino Acid Profile

(Per serving)*

Alanine	1,945 mg
Arginine	1,658 mg
Aspartic acid	1,326 mg
Cystine and Cysteine	22 mg
Glutamic acid	2,431 mg
Glycine	4,420 mg
Histidine**	243 mg
Hydroxyproline	2,254 mg
Isoleucine**†	376 mg
Leucine**†	818 mg
Lysine**	840 mg
Methionine**	199 mg
Phenylalanine**	508 mg
Proline	2,652 mg
Serine	751 mg
Threonine**	464 mg
Tryptophan**	80 mg
Tyrosine	287 mg
Valine**†	663 mg

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