



Hydrolyzed collagen

# B-COLLAGEN

DIETARY SUPPLEMENT

## WHAT IS IT?

Hydrolyzed collagen of easy absorption, without sugar and low in calories. Contributes a large concentration of proteins per portion.



## FEATURES





# KEY INGREDIENTS

## HIDROLYZED COLLAGEN



Collagen is the most abundant protein in the body, representing between 20-30% of total adult proteins. It abounds in nails, skin, hair, bones, and muscles. Collagen provides the basis for the structure of the organism. Essential for the elasticity and regeneration of tissues. Ingesting collagen daily gives us multiple benefits.

According to studies, the degradation of collagen protein is associated with age but it can also occur in young people due to the intensive practice of sports or other causes such as: overweight, weightlifting, traumatismos or inactivity.

The hydrolyzed collagen has a greater assimilation when consumed orally.

Its high concentration of amino acids promotes the synthesis of new collagen fibers, contributing to the care and maintenance of skin, hair, nails, joints, bones and muscles

1. Oh T, Naka T. J Exerc Comparison of bone metabolism based on the different ages and competition levels of junior and high school female rhythmic gymnasts. Nutrition Biochem. 2017 Jun 30;21(2):9-15. doi: 10.20463/jenb.2017.0019.

2. Figueres. M, (Marzo, 2011) Colágeno hidrolizado oral, un complemento alimenticio indispensable para la mujer en la perimenopausia, ponencia presentada en el congreso del encuentro nacional de salud y medicina de la mujer.

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## SUGGESTED USE

Dissolve a scoop of 10 g (scoop contained in the pot)