

# Collagen Tales

*Collagen is the glue that holds everything together. It is the major component of connective tissues that make up several body parts, including tendons, ligaments, skin and muscles. As we age, production declines. **Type I and Type III collagen** is used for strong hair, skin, nails and bones, while **Type II Collagen** promotes joint and cartilage health!*

## A Quality Collagen Supplement Can:

- Support healthy weight management
- Promote skin elasticity
- Helps strengthen hair & nails
- Help support bone & joint health
- Help encourage muscle mass

## Look For This In A Collagen Supplement

- Diverse Amino Acid Profile  
*The more amino acids the better*
- Hydrolyzed Bovine Collagens  
*Easier for your body to absorb*
- Types I & III Beef & Chicken

### 1. Dr. Axe Ancient Nutrition

Multi Collagen Protein provides benefits for your hair, skin, nails, joints and gut – each serving brings you ten types of collagen from four real food sources providing a broad spectrum of benefits. Ingredients like Vitamin C and probiotics adds support for your healthy immune system, gut health and digestion. The fermentation process uses beneficial bacteria, yeasts and other microorganisms to boost the availability of nutrients, making them easier for your body to absorb.



### 2. Vital Proteins Collagen Peptides

Bioavailable Collagen Peptides Powder ---- Sourced from grass-fed, pasture-raised bovine to ensure a high quality and sustainable source of this powerful ingredient. Digested and absorbed by the body quickly for maximum benefits.



### 3. Live Conscious Collagen Peptides

Live Conscious™ hydrolyzed types I & III Collagen Peptides are sourced from grass-fed, pasture-raised, Grade A bovine, and certified hormone-free and 100% non-GMO. Containing 19 amino acids, Collagen Peptides are enzymatically formulated for enhanced bioavailability and absorption to support bone and joint health, strengthen hair, skin, and nails, and benefit the body's overall cellular structure



### 4. Neocell Super Collagen

We are NeoCell® – a trusted brand of collagen since 1998. So we know what it takes to illuminate your beauty from the inside out. And we have the science to back it up. The collagen in Neocell is sourced from grass-fed bovine, also known as cattle. It contains hydrolyzed type I and type III collagen as the only active ingredient.



### 5. Sports Research Collagen Peptides

The supplement brand I am trying is Sports Research Pure Hydrolyzed Collagen Peptides. I purchased via Amazon because I like to read reviews. This one currently has over 3,000 with a 4.5 star rating! It is paleo friendly, GMO tested, KETO certified, manufactured in a GMP facility, grass-fed and pasture-raised and gluten free. The container states that results may be seen within 30 to 60 days. This is a commitment, people!

