

# Collagen

Grass-Fed & Pasture-Raised  
Premium Peptides

## Beauty & Wellness

Nature's Sunshine's premium collagen peptides contain essential building blocks for beauty. They are easily incorporated into your daily routine and offer valuable structural benefits for youthful hair, skin and nails. Collagen also supports bones and joints for your active lifestyle. They help you look and feel fantastic!

Collagen is the single-most abundant protein in the body, comprising one-third of total proteins, and it forms the structural foundation upon which beauty is built. This fibrous protein of the extracellular matrix supports tissues including skin, and it supports hair and nails. It's rich in amino acids like glycine, proline and hydroxyproline. These aminos help provide collagen's characteristic, fiber-like structure and provide rigidity and resistance to stretching. Human studies show that collagen supports skin health by promoting elasticity and hydration. These important benefits aid in promoting and maintaining a more youthful appearance.

## Benefits

	SKIN ELASTICITY & HEALTH*		HEALTHY HAIR*
	SUPPORTS BONES & JOINTS*		STRONG NAILS*
	SUPPORTS GUT HEALTH*		ELECTROLYTES & TRACE MINERALS*
			
			



## Help the Outside, Help the Inside

Not only will collagen help you look younger, it will help you feel younger. Collagen is a major structural component of cartilage, and it also helps replenish the structure of both ligaments and tendons surrounding the joints. Studies show that collagen consumption:

- Can help reduce joint pain associated with aging
- Lowers the risk of joint deterioration

It may also support joint mobility. And one more thing... preliminary studies show that collagen may support gut health by positively influencing gut barrier function.

## How it Works

Premium collagen peptides offer a clean, effective source of pure protein. Studies have shown that when collagen hydrolysate is taken orally, it is absorbed as di- and tripeptides (two or three amino acids) typically rich in hydroxyproline. These smaller peptides are believed to enter circulation and reach target tissues like skin or cartilage where they help support collagen-producing cells (fibroblasts).

## Sourcing

Unlike most collagen products, NSP Collagen is only sourced from the finest, grass-fed, pasture-raised cows. This ensures that you receive the highest-quality, natural, sustainably sourced collagen in the world. Nature's Sunshine Collagen is quality you can see and feel.

## Ingredients

NSP Collagen peptides are certified non-GMO, gluten-free, dairy-free, Keto-friendly and Paleo-friendly.

## Recommended Use

Collagen is odorless, tasteless and mixes easily into any hot or cold beverage, smoothie or food. It is easily integrated into any daily wellness program. Stir 1 scoop into any beverage (coffee, tea, water, fruit juice, etc.), or add it to your favorite recipes. Use daily for best results.

## Frequently Asked Questions

### What is Collagen?

Collagen is a fibrous protein of the extracellular matrix that provides structural support and tensile strength to tissues such as skin, tendons, ligaments and bones. Collagen is made up of key amino acids that help form the characteristic, fiber-like structure of collagen.

### What are Type I & Type III Collagens?

Based on their structure and ability to organize themselves, collagens are categorized into at least 26 types. Both Type I and III are fibril-forming collagens.

Type I Collagen is the most abundant form of collagen protein. It is a major constituent of skin and bones. It is also found in tendons, ligaments, the cornea, the intestinal wall and heart valves.

Type III collagen is found in the skin, blood vessel walls and intestinal wall.

### What other types of Collagen are there?

Type II - Cartilage, vitreous

Type IV - Basement membrane

Type V - Lung, cornea, bone and fetal membranes.

### How soon should I start seeing and feeling the benefits of Collagen?

Each person's body reacts to and absorbs collagen differently. In clinical studies, benefits of collagen supplementation have been seen over a period of 1-2 months.

### What are the benefits of collagen supplementation?

Research shows that supplementation with collagen peptides has a positive influence on skin elasticity and hydration. Collagen supplementation has also been shown to support joint health and improve subjective well-being. Preliminary studies also support the benefits of collagen on gut health.

### How does collagen taken orally reach target tissues?

Studies have shown that when collagen hydrolysate is taken orally, it absorbed as di- and tri-peptides, which consist of two or three amino acids mostly rich in hydroxyproline. These smaller peptides are believed to enter circulation and reach target tissues such as skin or cartilage where they help support collagen producing cells (fibroblasts).

### What are the main sources of Collagen?

Collagen can be derived from bovine, porcine, chicken and marine sources. Clinical studies have been performed using both bovine and fish collagen. Individuals allergic to fish may prefer to use bovine collagen.

### Why does NSP use bovine collagen sources?

NSP Collagen is derived from grass-fed, pasture-raised bovine sources and is GMO-free. NSP Collagen is a hydrolysate; in other words, it consists of smaller collagen peptides, which are readily absorbed according to studies.

### Doesn't mixing with hot beverages denature Collagen?

The denaturation temperature of bovine-derived collagen is 427°F. The optimum temperature for serving hot beverages is between 159° and 184°F. And this is a collagen hydrolysate, not the native protein, so mixing collagen with coffee should not affect its efficacy.

## Supplement Facts

Serving Size 1 scoop (17 g)

Servings Per Container 30

Amount Per 1 Scoop		%DV*
Calories	60	
Protein	15 g	
Sodium	210 mg	7%
Collagen Peptides	17 g	†
Proprietary Mineral Solubility & Electrolyte Blend (trace minerals, potassium chloride, sea salt)	255 mg	†

\*Percent Daily Values are based on a 2,000 calorie diet.

†Daily Value (DV) not established.

Ingredients: Bovine collagen peptides, sea salt, trace mineral blend, potassium chloride.

### Stock Number: 22336 (510 g)

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.