

# Your Daily Beauty Booster

## SHAKLEE COLLAGEN

Uniquely designed to include all 9 essential amino acids needed to support protein synthesis, including collagen. Combined with biotin for maintaining healthy hair, nails and skin, and vitamin C, an antioxidant to protect cells against oxidative damage.

#57401 | 464 g

MEMBER PRICE: \$69.95 | PV: 39.00



Non-GMO



Grass Fed



Gluten Free



Dairy Free

## Why We Love It

- 2.5 g collagen per serving derived from collagen types I and III
- Includes ALL 9 essential amino acids required by the body to synthesize protein
- 7.5 mcg of biotin to support healthy hair, skin, and nails
- 22.5 mg of vitamin C to protect against oxidative damage caused by free radicals and aid in collagen synthesis
- 100% hydrolyzed collagen for quicker digestion and absorption
- Dissolves seamlessly into your favourite drink. Perfect addition to your daily coffee or shakes. Derived from a grass-fed, pasture-raised bovine source
- Non-GMO, dairy-free, and gluten-free
- No artificial flavours, sweeteners, or preservatives added
- Unflavoured

## Collagen

**Dosage:** Adults (18 yrs and older): mix 1/2 scoop once per day in enough of your favourite drink to ensure that the powder is completely dissolved before drinking.

MEDICINAL INGREDIENTS:	Amount Per Serving (2.9 g)
Vitamin C (ascorbic acid)	22.5 mg
Biotin	7.5 mcg
Hydrolyzed collagen (bovine collagen peptides types I and III)	2.5 g
Pea protein ( <i>Pisum sativum</i> )	250 mg

**NON-MEDICINAL INGREDIENTS:** SILICON DIOXIDE.

## FAQs

### **What is collagen?**

Collagen is the most abundant, naturally-occurring protein found in the human body and is the building block for your body, making it essential for healthy bones, cartilage, skin, hair, and nails.

### **Why do we need to supplement?**

As we age, our natural collagen production begins to slow down (it begins in your 20s), leading to common signs of aging such as sagging skin, brittle nails, lacklustre hair, and wrinkles.

Collagen levels can be maintained by eating a well-balanced, healthy diet and supplementing with collagen. Supplementing increases the body's collagen levels and stimulates the production of new collagen.

### **How many servings are there per container?**

There are 160 servings per container.

### **How many grams of collagen are there in one serving of Shaklee Collagen?**

There are 2.5 grams of hydrolyzed collagen per serving.

### **Where is the collagen in Shaklee Collagen sourced from?**

The collagen in Shaklee Collagen is derived from a grass-fed, pasture-raised bovine source.

### **What types of collagen does Shaklee Collagen contain?**

Shaklee Collagen contains hydrolyzed types I and III collagen for quicker digestion and absorption.

### **Why does Shaklee Collagen contain vitamin C? Biotin?**

Vitamin C is required by the enzymes that help make collagen and has antioxidant properties. Antioxidants help protect our bodies against oxidative damage caused by free radicals, and biotin can help support healthy hair, skin, and nails.

### **Is there any flavour?**

No. Shaklee Collagen is unflavoured.

### **Can I add it to fruit juice, smoothies, or coffee?**

Yes, we recommend adding Shaklee Collagen to your favourite drink. We love it in our coffee and shakes.

### **If I take Life Shake™, do I need collagen?**

Yes! Shaklee Collagen is a perfect booster for your daily Life Shake. Shaklee Collagen is uniquely designed to contain all 9 essential amino acids plus vitamin C and biotin blocks to support collagen synthesis. So, by adding half a scoop of Shaklee Collagen to your daily Life Shake, you have a healthy, balanced meal plus the building blocks to support protein – including collagen – synthesis.

### **Where is Shaklee Collagen made?**

Shaklee Collagen is made in the USA.

### **Can I take Shaklee Collagen while pregnant or nursing?**

Consult a health care practitioner prior to use if pregnant or breastfeeding.

### **Is Shaklee Collagen Kosher certified?**

No

## FAQS (continued)

### **Is Shaklee Collagen gluten-free, lactose-free, dairy-free, and non-GMO?**

Yes.

### **Are there differences between liquid and powder collagen?**

When collagen is consumed, regardless of its form, it is broken down into individual amino acids or short chains of amino acids so it can be absorbed. When collagen is broken down or hydrolyzed, it is digested and absorbed more quickly. While liquid collagen products might claim that liquid collagen is digested and absorbed more rapidly than solid or powder collagen, powder collagen will ultimately be digested and absorbed to the same extent; it might take a little bit longer. Furthermore, the benefits of collagen are not immediate; they are realized over time. Because of this, the timing of collagen absorption is ultimately moot.

### **Why are all 9 essential amino acids required to synthesize collagen when collagen contains only eight essential amino acids?**

Shaklee Collagen contains all 9 essential amino acids, thanks to a combination of collagen and pea protein. Collagen contains detectable amounts of only eight essential amino acids, but all nine are required to support protein synthesis. So, we combined 2.5 g of collagen plus 1 g of pea protein to create Shaklee Collagen. This blend of collagen and pea protein provides all nine essential amino acids, vitamin C, and biotin to support the production of all proteins, including collagen.

### **When can we expect to experience results?**

Everyone is different. While collagen provides the building blocks to support collagen synthesis, results will vary from person to person depending on their rate of collagen synthesis.

### **How should I add Shaklee Collagen to my favourite drink?**

Because collagen is a fibrous protein, you may have some difficulty getting it to dissolve completely into your favourite drink. For best results, add Shaklee Collagen gradually to your drink of choice, and be sure to stir well while you are adding.