



High Plains Collagen Hydrolysate

Dietary Supplement

from Collagen Type I & III

Net Wt 1 lb (454 g)



Supplement Facts

Serving Size 1 Scoop (4.2 g)
Servings Per Container 108

Amount Per Serving

Calories	15
Protein	4 g
Collagen Hydrolysate (bovine)	4.2 g*

Typical Amino Acid Profile:

Glycine	882 mg*
Proline	538 mg*
Hydroxyproline	512 mg*
Glutamic Acid	433 mg*
Alanine	374 mg*
Arginine	307 mg*
Aspartic Acid	252 mg*
Lysine	147 mg*
Serine	130 mg*
Leucine	113 mg*
Valine	101 mg*
Phenylalanine	88 mg*
Threonine	80 mg*
Isoleucine	63 mg*
Hydroxylysine	63 mg*
Histidine	46 mg*
Tyrosine	42 mg*
Methionine	38 mg*

*Daily Value not established.

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PRODUCT OF GERMANY
DISTRIBUTED BY SWANSON HEALTH PRODUCTS
Fargo, ND 58104 USA
TO REORDER, CALL TOLL FREE 1-800-437-4148
or visit our website at www.swansonvitamins.com



SUGGESTED USE: As a dietary supplement, mix one scoop (4.2 g) in an 8 ounce glass of water or juice twice per day. Scoop included.

WARNING: Product contains a desiccant packet to maintain freshness. Do not eat the desiccant packet.

- DO NOT USE IF SEAL IS BROKEN. • STORE IN A COOL, DRY PLACE.
- KEEP OUT OF REACH OF CHILDREN.

