

Doctor's Best Pure Collagen Types 1 and 3 contain pure collagen protein, which contribute to the growth and maintenance of healthy tissues.* Collagen is the structural protein essentially responsible for the strength of bones and flexibility, joints, tendons, ligaments, hair, skin, nails, and other tissues throughout the body.*

Collagen Types 1 and 3 Powder is enzymatically hydrolyzed into component peptides with a small molecular size for optimal absorption and utilization by the body.*

Helps support healthy hair, skin, and nails*

Helps support the strength of bones and flexibility, joints, tendons, and ligaments*

Provides improved bioavailability due to the low molecular weight of component peptides*

*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.



YDRB203-3



**Dietary
Supplement**

**Doctor's
BEST®**

**Science-Based
Nutrition™**

Pure Collagen Types 1 and 3 Powder

**ESSENTIAL STRUCTURAL SUPPORT FOR HAIR,
SKIN, NAILS, TENDONS, LIGAMENTS, AND BONES***

Net Wt. 7.1 oz (200 Grams)

Supplement Facts

Serving Size 1 Scoop (≈6.6 grams)

Servings Per Container Approximately 30

	Amount Per Serving	% Daily Value
Calories	24	
Protein (as hydrolyzed collagen Types 1 and 3)	6 g	12%**
Hydrolyzed Collagen Types 1 and 3 (Bovine)	6.6 g (6600 mg) †	

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

† Daily Value not established.

Other Ingredients: None.

Suggested Adult Use: Dissolve 1 scoop of powder in a small amount of water or juice. Add an additional 6 - 8 oz. of liquid, mix well, and drink on an empty stomach at least 30 minutes before meals, or as recommended by a nutritionally-informed physician. To ensure optimal collagen absorption, avoid taking additional protein supplements within one hour of consumption.

NOTE: Some settling of contents may occur, affecting number of servings.

Non-GMO / Gluten Free / Soy Free

Store in a cool dry place.

Manufactured for **Doctor's Best, Inc.**

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