

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

Vitamin C is added to the formula as an important nutrient required for collagen synthesis by the body.*

Helps support healthy hair, skin, 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.

Peptan® is a registered trademark of Rousselot.



YDRB204-4



**Dietary
Supplement**

**Doctor's
BEST®**

**Science-Based
Nutrition™**

Collagen Types 1 and 3 with Peptan®

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

1000 mg • 180 Tablets

Supplement Facts

Serving Size 3 Tablets

Servings Per Container 60

Amount Per Serving % Daily Value		
Calories	11	
Protein	3 g	5%**
(as hydrolyzed collagen Types 1 and 3)		
Vitamin C (as calcium ascorbate)	30 mg	35%
Hydrolyzed Collagen	3 g (3000 mg) †	
Types 1 and 3 (Bovine)		

**Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established.

Other Ingredients: Microcrystalline cellulose, stearic acid, croscarmellose sodium, magnesium stearate (vegetable source), hypromellose (coating).

Suggested Adult Use: Take 3 tablets twice daily 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.

Non-GMO / Gluten Free / Soy Free

Store in a cool dry place.

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

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