

Doctor's Best Collagen Types 1 and 3 contains pure collagen protein from Peptan®, which contributes to the growth and maintenance of healthy tissues.* Collagen is the structural protein essential for the strength and flexibility of bones, 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 and nails*

Helps support the strength and flexibility of bones, 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.



YDRB263-5

**Dietary
Supplement**

**Doctor's
BEST®**

**Science-Based
Nutrition™**

Collagen Types 1 and 3 with **Peptan®** and Vitamin C

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

500 mg • 240 Capsules

Supplement Facts

Serving Size 4 Capsules
Servings Per Container 60

	Amount Per Serving	% Daily Value
Calories	7	
Protein	2 g	4%**
(from Peptan® hydrolyzed collagen Types 1 and 3)		
Vitamin C (as calcium ascorbate)	30 mg	35%
Hydrolyzed Collagen Types 1 and 3 (as Peptan®, bovine)	2 g (2000 mg) †	

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

Other Ingredients: Microcrystalline cellulose, gelatin (capsule), magnesium stearate (vegetable source), silicon dioxide.

Suggested Adult Use: Take 4 capsules 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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