**SUGGESTED USE** Mix one or more scoops of Free Range Collagen Peptides with MSM with water or a beverage of your choosing. It can be added easily to any smoothie; however, when mixing directly with water or juice, it dissolves most readily if liquid is at room temperature or warmer. As with any dietary supplement, this product is most effective when used as part of a healthy diet and active lifestyle, along with a daily multi-vitamin and/or ANDREW LESS-MAN'S Healthy Hair Skin and Nails formula. For answers to questions about the use of this product, call 800.808.7311.

Notice: This product is a food supplement and not intended for weight-loss.

This package is sold by weight, not by volume. It contains the full weight indicated on the label. Settling of contents





Andrew Lessman's FREE RANGE COLLAGEN PEPTIDES WITH MSM provides a unique source of highly soluble and absorbable Collagen Peptides, selected for their ability to deliver benefits to the vital Collagen structure of our Joints, Bones and Blood Vessels, as well as our Skin, Hair and Nails. To further enhance and promote the benefits of this product, we also include 500 mg of Methyl-Sulfonyl-Methane (MSM), an exceptional source of highly bioavailable organic Sulfur. Our Free Range Collagen Peptides mixes easily with water and is flavor-neutral, while also free of carbohydrate, sugar, lactose, fat, cholesterol and sodium. It is non-GMO (Not Genetically Modified) and derived from grass-fed, pasture-raised cows. It contains no added flavors, sweeteners or preservatives.

Collagen is the primary structural protein in the body, comprising almost one-third of the body's entire protein mass. The healthy structure and function of our skin, bones, and connective tissues are built upon a foundation of Collagen Protein. The healthy appearance of our skin is dependent upon the integrating structure provided by Collagen Protein, which is why it is so often deceptively used in so many topical beauty products. Unfortunately, slathering Collagen Protein on the outside of our body does absolutely nothing for the internal collagen structure. The only way that Collagen Peptides can affect the structure of the skin is to deliver them where they can be utilized – inside our body. That is the basis for the uniquely soluble

It is an unfortunate fact of life that, as we age, our skin loses its youthful flexibility and resilience. This loss of tone and elasticity results from, among other things, changes in the skin's integrating Collagen structure. Similarly, our joints and bones depend

on Collagen for their strength and flexibility throughout our lifetime. In fact, this collagen-based loss of resilience, whether in the wrinkling of our skin or the reduced flexibility of our joints and blood vessels, are the most apparent signs and symptoms of aging. These tissues endure a lifetime of stress and there is no molecule

more central to their youthful strength and resilience than Collagen Protein. Accordingly, our Free Range Collagen Peptides provides a uniquely soluble and highly absorbable source of the precise peptides required to build, maintain and

promote healthy Collagen-based tissues. 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.

**CONTAINS NO** Milk, soy, yeast, corn, wheat, gluten, sodium, salt, sugar, starch, fat, cholesterol, oil, emulsifier, wax, binder, filler, excipient, lubricant, coating, diluent, flowing agent, common allergens, color, flavor, sweetener or preservative.

## **CONTAINS NO ADDITIVES OF ANY KIND.**

## **Supplement Facts**

Serving Size 1 Scoop (5.5 g)  $(3 \frac{1}{2} tsp.)$ **Servings Per Container 180** 

| nount Per Serving             |        | %DV* |
|-------------------------------|--------|------|
| lories                        | 20     |      |
| otein                         | 5 g    | 10%  |
| ee Range Collagen Peptides    | 5 g    | †    |
| SM (as methylsulfonylmethane) | 500 mg | +    |

\* Percent Daily Values (%DV) are based on a 2,000 calorie diet. † Daily Value not established.