

Plant Based Collagen Support: Plant based diets may have reduced collagen production

Vegans and vegetarians have a reduced production of collagen. In these individuals, the gene encoding for collagen production is significantly lower. As a particular amino acid hydroxyproline is not particularly abundant in the human diet, as it mainly comes from collagen in animal meat, offal, tripe, bone etc and insects. You may have seen a surge in popularity of bone broths, collagen, organ meats in the omnivore diets and with the carnivorous and paleo trends. Insect protein is also becoming increasingly popular.

For a modern plant-based diet, the intake of hydroxyproline is even lower. The foods of the modern diet are more processed. Even when purchasing "whole" foods there are less insects, cobwebs, insect eggs etc in the plant matter so insect consumption as part of the plant-based diet has reduced. A plant-based diet historically would get hydroxyproline from insects and some plants such as alfalfa sprouts and certain mosses. A study published in 2019 showed vegans and vegetarians to be the most resistant to the concept of consuming insects as part of their diet and not likely to be able to support collagen with hydroxyproline from insects.

ATP Science has made plant-based hydroxyproline to supplement your diet if deficient or provide the extra dose for those who want extra. Vegan-friendly BCAA's have been added for the benefit of muscle sparing and regenerative properties in those that are training or to compensate for the lack of leucine in plant proteins.

Directions for use: Mix 1 heaped scoop (approximately 6g) of VEGAN Essential Aminos in 300ml of cold water. Use once or twice daily between meals. May be used before, after or during exercise.

Yummy tip: Mix it into your soda stream bottle before you add the bubbles or add it to sparkling water for a refreshing drink!

To report a serious adverse event or obtain product information, contact 800-485-9007.

*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.



VEGAN

ESSENTIAL AMINOS

Amino Acid Supplement



Supplement Facts		
Serving Size: 1 heaped scoop (approx 6g) Servings Per Container: 30		
Amount Per Serving		%DV*
Calories	25	
L-Leucine	1.5g	†
L-Isoleucine	750mg	†
L-Valine	750mg	†
L-Lysine	750mg	†
L-Glutamine	500mg	†
L-Hydroxyproline	250mg	†
L-Threonine	50mg	†
L-Taurine	50mg	†
L-Phenylalanine	25mg	†
L-Methionine	25mg	†
L-Tryptophan	25mg	†
L-Histidine	10mg	†
AstraGin® Blend (Astragalus Extract (root) & Tienchi ginseng (Panax notoginseng) Extract (root))	25mg	†

* Percent Daily Value (%DV) based on a 2,000 calorie diet.
† Daily Value Not Established.

Other Ingredients: Malic Acid, Natural Cola Flavor, Vegetable Juice Color, Stevia Leaf Extract, Sunflower Lecithin, Maltodextrin, Citric Acid.
Phenylketonurics: contains Phenylalanine.

Made in Australia in a GMP & HACCP approved facility.

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