

Collagen is the major structural protein in connective tissue and the most abundant protein in the human body. It is responsible for maintaining the strength and flexibility of bones, joints, skin, tendons, ligaments, hair, nails, blood vessels and eyes, among other tissues throughout the body.

Best Collagen Types 1 & 3 contains pure collagen protein, providing the fundamental building blocks for growth and maintenance of healthy tissues.* Taken as a supplement, this product provides the body with the raw material needed to support the strength and integrity of essential structures.* Best Collagen Types 1 & 3 is enzymatically hydrolyzed into component amino acids with a low molecular weight for optimal absorption and utilization by the body.* Vitamin C is added to the formula, as it is an essential nutrient required for collagen synthesis by the body.*

***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.**

**Doctor's
BEST®**

**Science-Based
Nutrition™**

**Dietary
Supplement**

Best Collagen Types 1&3

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

1000 mg / 180 Tablets

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Supplement Facts

Serving Size 3 tablets
Servings per container 60 servings

	Amount per serving	% Daily Value
Vitamin C (as calcium ascorbate)	30 mg	50%
Sodium	10 mg	< 1%
Collagen Types 1 & 3	3,000 mg	†

† Daily Value not established.

Other Ingredients: Cellulose, stearic acid, croscarmellose sodium, magnesium stearate (vegetable source).

Suggested Adult Use: Take 3 tablets twice daily on an empty stomach, at least 30 minutes before meals. Do not mix with other protein supplements.

Not Suitable for Vegetarians

CONTAINS NOTHING OTHER THAN LISTED INGREDIENTS

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

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