

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.*

* 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.

Manufactured for **Doctor's Best, Inc.**
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*Dissolves Easily in Water!
Pleasant, Mild Flavor!*

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

7.1 oz. (200 grams)

Doctor's
BEST®

**Science-Based
Nutrition™**

**Dietary
Supplement**

**Best
Collagen
Types 1&3**

Supplement Facts

Serving Size 1 scoop (6.6 grams)

Servings per container Approximately 30 servings

	Amount per serving	% Daily Value
Sodium	20 mg	1%
Collagen Types 1 & 3	6,600 mg	†

† Daily Value not established.

Other Ingredients: None.

Suggested Adult Use: Dissolve 1 scoop of powder in a small amount of water or juice. Add an additional 6 - 8 oz. of liquid, mix well, and drink on an empty stomach at least 30 minutes before meals. Do not mix with other protein powder supplements.

Not Suitable for Vegetarians

CONTAINS NOTHING OTHER THAN LISTED INGREDIENTS

NOTE: Some settling of contents may occur, affecting number of servings.

The values shown below represent typical amounts of each amino acid and may vary slightly from batch to batch.

Glycine	22.3%	Aspartic Acid	5.60%	Threonine	1.90%
Proline	13.5%	Lysine	4.10%	Isoleucine	1.30%
Hydroxyproline	12.7%	Serine	3.27%	Methionine	0.78%
Glutamic Acid	9.30%	Leucine	2.90%	Histidine	0.77%
Alanine	8.30%	Valine	2.40%	Hydroxylysine	0.70%
Arginine	7.70%	Phenylalanine	2.00%	Tyrosine	0.40%
				Cystine	0.08%