#### supplement facts

Serving Size: 2 rounded tbsp (19.1 g)
Servings Per Container: Approx. 22 Servings

	Amount Per Serving	%DV
Calories	60	
Protein (as Grass-Fed Hydrolysate Bovine Collagen)	15 g	30%*
Vitamin C (as Ascorbic Acid)	200 mg	222%
Vitamin E (as Mixed Tocopherols)	67 mg	447%
Biotin (as d-Biotin)	500 mcg	1,670%
Sodium (as Grass-Fed Hydrolysate Bovine Collagen and Sodium Chloride)	140 mg	6%
Potassium (as Potassium Chloride And Potassium Citrate)	190 mg	4%
Curcumin (Curcuma longa extract (root) / Phospholipid complex from Sunflow	er) 50 mg	**
Vegan Hyaluronic Acid	100 mg	**
Broccoli Seed Extract (Equivalent 25 mg Sulforaphane Glucosinolate)	192 mg	**
L-Glutamine	500 mg	**

<sup>\*</sup> Percent Daily Values are based on a 2,000 calorie diet

#### typical amino acid profile

Average Percent Per Serving Naturally Occurring Recommended Servings Per Day: 1

Amount Per Serving		Amount P	Amount Per Serving	
Alanine	8.11%	Leucine†	2.56%	
Arginine	7.49%	Lysine†	3.61%	
Aspartic Acid	5.38%	Methionine†	5.29%	
Glutamic Acid	9.43%	Phenylalanine†	1.81%	
Glycine	22.92%	Proline	12.52%	
Histidine†	0.63%	Serine	2.56%	
Hydroxylysine	0.44%	Threonine†	1.72%	
Hydroxyproline	12.17%	Tyrosine	0.18%	
Isoleucine†	1.06%	Valine†	2.12%	
		<u> </u>		

<sup>†</sup>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.

suggested use: Mix two (2) rounded thsp in 8-10 ounces of water or preferred beverage daily or as recommended by your health care practitioner. If pregnant, consult your health care practitioner before using this product.

tamper-evident: Use only if jar is sealed. Store tightly sealed in a cool, dry place.

#### for more information:

mindbodygreen.com @mindbodygreen







#### BG005 4BG00502

## total support for your gut, muscles & joints, and glow.<sup>‡</sup>

Organic, grass-fed, pasture-raised bovine collagen provides a protein-rich base filled with amino acids that helps your body build lean muscle mass and support the healthy functioning of your joints.† L-glutamine helps maintain a healthy gut lining, while biotin has important benefits for skin, hair, and nails, and curcumin, a potent compound derived from turmeric, promotes a well-balanced inflammatory response.† Vitamins C and E provide a healthy serving of antioxidants, sulforaphane glucosinolate helps protect your skin from photoaging, and hyaluronic acid promotes healthy skin texture and moisture balance.†

finally, a collagen powder for everyone! we formulated grassfed collagen+ to be 100 percent safe for any dietary need.

#### you'll never find:

Gluten, Eggs, Dairy, Peanuts or Soy, Sugar, FODMAPS, Gut Irritants, Unnecessary Binders, Fillers or Preservatives, Lectins, Coatings and Shellacs, Oils, Magnesium Stearate, GMO Ingredients, Stevia or Monk Fruit Extract, Artificial Colors or Flavors

### easy to fit into your daily routine.

Our collagen is stable at high temperatures and dissolves completely in cold liquids. We recommend taking 2 rounded tbsp daily. Blend it in a smoothie, bake with it, or mix it into your chia pudding.

## $\underset{\tiny \text{by Thorne}}{\text{mindbodygreen}}$



# grass-fed collagen+

biotin<sup>1</sup>, curcumin<sup>2</sup>, L-glutamine<sup>3</sup>, vitamin C<sup>4</sup>, vitamin E<sup>5</sup>, sulforaphane glucosinolate<sup>6</sup>, hyaluronic acid<sup>7</sup>

#### unflavored

Finally, a supplement that supports beauty, gut health, and inflammation—all at the same time.‡ We combined **organic**, **grass-fed**, **pasture-raised bovine collagen** with **1) biotin**, which supports healthy skin, hair, and nails;‡**2) curcumin**, which promotes a well-balanced inflammatory response;‡ and **3) L-glutamine**, an amino acid that supports a healthy intestinal lining.‡We added **4)** and **5) vitamins** C and E for extra antioxidant support;‡**6) sulforaphane glucosinolate** for its potential anti-photoaging benefits;‡ and **7) hyaluronic acid**, for enhancing skin moisture.‡ Together, these nutrients help support beauty from the inside out.‡

<sup>\*\*</sup>Daily Value (DV) not established