



Collagen

type 1 & 3
with 19 amino acids

120 tablets

Collagen

type 1 & 3 | with 19 amino acids

- + beauty inside and out
- + amino acids
- + added joint formula
- + maximum absorption
- + stronger hair & nails
- + great for ligaments & tendons

Collagen is your body's key structural protein, integrally involved in creating strong and healthy nails, hair, tendons, bones, muscle and keeping your skin smooth. Collagen 1 & 3 are the main collagen types in connective tissue. Vitamin C assists the body in the manufacture of collagen, the protein that binds cells together and is the building block of connective tissues throughout the body. Collagen is critical to the formation and on going health of the skin, cartilage, ligaments and other bodily tissues and structures.

Health benefits:

Hydrolyzed collagen is a highly digestible protein. Oral ingestion has shown beneficial effects on joint & bone health, skin health, weight management and sports performance. The bioavailability of hydrolyzed collagen has been demonstrated by many studies.

The amino acid content of hydrolyzed collagen is the same as collagen. Predominantly glycine, proline and hydroxyproline, represent approximately 50% of the total amino acid content. Glycine and proline concentration is 10 to 20 times higher than in other food sources of protein.*



youtheory

expanding the definition of health and beauty

Supplement Facts

Serving Size: 3 tablets (6 grams)
Servings Per Container: 20

	Amount per serving	% Daily Value
Calories	20g	—
Total Fat	0g	0%
Cholesterol	0g	0%
Sodium	10mg	1%
Total Carbohydrates	0g	0%
Vitamin C (as calcium ascorbate)	60mg	100%
Protein (Collagen Type 1 & 3)	6g	—

% Daily Values are based on a 2000 calorie diet.

** No daily values established



Other ingredients: magnesium stearate.

SUGGESTED USE: Take 3 tablets
twice a day.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, cure or prevent any disease.

