

# RECOVERY & JOINT SUPPORT\*\*

Type II collagen provides the building blocks for cartilage, ligaments, tendons, skin, and bones. Our Cartilage Collagen contains chondroitin sulfate & glucosamine, which act as a natural cushion to support healthy joints and bones. Take morning, noon or night, with or without food.\*\*

<b>3g</b> Type II Collagen	<b>600mg</b> Chondroitin & Glucosamine	<b>1</b> Simple Ingredient
Healthy Joints & Bones**	Improved Recovery**	Skin, Hair & Nail Support**
Paleo Friendly	Convenient Capsule	Gluten & Dairy Free

per serving

 [vitalproteins.com](http://vitalproteins.com) #stayvital®

\*\*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.

# VITAL PROTEINS®

## CARTILAGE COLLAGEN



Notice: Use this product as a food supplement only. Do not use for weight reduction.

- 3g** Type II Collagen
- Bone & Joint Support\*\*
- Grass Fed + Pasture Raised

**Capsules**  
**Dietary Supplement**  
**120 Capsules**

### Supplement Facts

Serving Size 4 Capsules  
Servings Per Container 30

	Amount Per Serving	% Daily Value
Calories	10	
Protein	2 g	2%**
Type II collagen (from bovine tracheal cartilage)	3 g	**
Total glycosaminoglycans (chondroitin sulfate & glucosamine)	600 mg	**

\*Percent Daily Values (DV) are based on a 2,000 calorie diet

\*\*Daily Value not established

Other Ingredients: Gelatin (capsule)

Manufactured by:

Vital Proteins LLC

3400 Wolf Road Ste. 200

Franklin Park, IL 60131

This product is manufactured in a facility that processes milk, fish, tree nuts, wheatgrass, and peanuts.

**Suggested Use:** Take 4 capsules one to three times per day.

**KEEP OUT OF REACH OF CHILDREN**

If you are pregnant, nursing or have a medical condition, consult your physician before use.

**Storage Information:**

Store in a cool, dry place

Do not use if safety seal is broken or missing.

### TYPICAL AMINO ACID PROFILE

(Average milligrams per serving naturally occurring)

Alanine	166 mg
Arginine	168 mg
Aspartic Acid	159 mg
Cystine	131 mg
Glutamic Acid	272 mg
Glycine	434 mg
Histidine**	23 mg
Isoleucine**	54 mg
Leucine**	128 mg
Lysine**	77 mg
Methionine**	27 mg
Phenylalanine**	56 mg
Proline	263 mg
Serine	81 mg
Threonine**	62 mg
Tryptophan**	6 mg
Tyrosine	29 mg
Valine**	69 mg

\*\*Essential Amino Acids

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HDPE

BPA-free

WHOLE30 approved



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Actual Capsule Size

Container filled by count, not volume. © 2020 Vital Proteins LLC. All Rights Reserved.