

BENEFITS OF 5 TYPES OF COLLAGEN

- **Type I and III** promote healthy skin, hair, nails, gut health and stronger bones*
- **Type II** helps improve joint health and balance and maintain body's natural pH levels*
- **Type V** collagen is beneficial for hair strands and surface tissue*
- **Type X** supports joint and bone health*

Suggested Use: Adults take three capsules one or more times daily with 8 ounces of water or juice.

Caution: If you are pregnant, nursing, allergic, have a medical condition or taking any medications, consult a doctor before using this. Do not use if product has been opened or tampered with. Keep out of reach of children.

*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.



CAREFULLY CRAFTED FOR:

Wholesome Wellness

6804 NE 79th Court #527708, Portland,
Oregon, USA 97218

www.wholesome-wellness.com

TELL US WHAT YOU THINK

☹️ Have a question? Not Happy with the Product?

😊 Please email us and we will make it right.

support@wholesome-wellness.com



**WHOLESOME
WELLNESS**

SUPER-ABSORB MULTI COLLAGEN

HERBS & BIoPERINE®

5 TYPES OF FOOD
SOURCE COLLAGEN

TYPE I, II, III, V & X

Helps Support



Healthy Skin
Nails & Hair*



Healthy Bones
& Joints*



Healthy Digestive
Function*



GRASS
FED BEEF



CERTIFIED
WILD FISH



HYDROLYZED

90 CAPSULES
DIETARY
SUPPLEMENT

Supplement Facts

Serving Size: 3 Capsules

Servings Per Container: 30

	Amount Per Serving	%Daily Value
Calories	10	
Protein	2g	**
Vitamin C (as Calcium Ascorbate)	30mg	33%
Multi Collagen Complex	1970mg	**
Hydrolyzed Bovine Collagen, Eggshell Membrane Collagen, Ashwagandha Extract (Whole Plant), Hydrolyzed Fish Collagen, Chicken Bone Broth Collagen, Organic Amla Fruit		
BioPerine® Black Pepper Fruit Extract (95% Piperine)	2.5mg	**

** Daily Value (DV) not established.

Other Ingredients: Gelatin (Capsule), Organic Rice Hulls.

Contains: Fish (Snapper), Eggs

Typical Amino Acid Profile

Amount per Serving			
Alanine	174	Leucine†	60
Arginine	160	Lysine†	65
Aspartic Acid	109	Methionine†	15
Cystine	2	Phenylalanine†	38
Glutamic Acid	222	Proline	52
Glycine	416	Serine	59
Histidine†	23	Threonine†	32
Hydroxylysine	8	Tryptophan†	2
Hydroxyproline	229	Tyrosine	13
Isoleucine†	35	Valine†	46

†essential amino acids