

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.* Vitamin C is added to the formula, as it is an essential nutrient required for collagen synthesis 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.**

Doctor's
BEST®

**Science-Based
Nutrition™**

*Dietary
Supplement*

Best Collagen Types 1&3

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

500 mg / 240 Capsules

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Supplement Facts

Serving Size 4 capsules
Servings per container 60 servings

	Amount per serving	% Daily Value
Vitamin C (as calcium ascorbate)	30 mg	50%
Calcium	3.9 mg	< 1%
Sodium	11.4 mg	< 1%
Collagen Types 1 & 3	2,000 mg	†

† Daily Value not established.

Other Ingredients: Gelatin (capsule), micro-crystalline cellulose.

Suggested Adult Use: Take 4 capsules twice daily on an empty stomach at least 30 minutes before meals, or as recommended by a nutritionally-informed physician. Do not mix with other protein supplements.

Non-GMO and Gluten Free

Store in a cool dry place.

Manufactured for **Doctor's Best, Inc.**

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