







Nature's Own Marine Collagen is a unique, bioactive collagen peptide formulation, certified by the Marine Stewardship Council. We use Peptan® type 1 wild caught, sustainable marine collagen peptides from whitefish, which is odourless and tasteless. Marine collagen can be used for the health of all connective tissue, including skin and muscle.

- Collagen is the most abundant protein in the body and is one of the major building blocks of bone, skin, tendons, muscles, and ligaments
- Provides type 1 collagen peptides
- Marine collagen can be used to support the structure, elasticity, texture, strength, and resilience of the skin
- Can also be used to support muscle health
- Odourless and tasteless
- Good solubility in cold or warm water
- From a sustainable source and certified by the Marine Stewardship Council
- Clean and stable
- Processed at a state-of-the-art facility in France where the fish skins are converted to high quality collagen peptides
- Manufactured following the highest QESH standards (Quality, Environment, Safety, Health) for consistency and reliability

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- Compliant with EU and US regulations regarding the use of antibiotics, hormones, preservatives, heavy metals, and toxins
- Our Marine Collagen is supported by research attesting to efficacy

## **Product Information:**

150g = 30 days supply

## Suitable for:

Men and women

## Form:

Powder

## Marine Collagen

Typical Amino acid range in %:	
Alanine	7.9%
Arginine	9.5%
Aspartic acid	6.4%
Glutamic acid	10.2%
Glycine	21.8%
Histidine	1.6%
Hydroxylysine	0.8%
Hydroxyproline	7.5%
Isoleucine	1.3%
Leucine	2.7%
Lysine	3.7%
Methionine	1.9%
Phenylalanine	2.0%
Proline	11.1%
Serine	6.0%
Threonine	2.8%
Tyrosine	0.7%
Valine	2.2%
+NRV = Nutrient Reference Value	
* Indicates no NPV	

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Ingredients: Peptan® type 1 collagen (Hydrolysed fish collagen peptides).

**Suggested Intake:** Stir 5g of powder until dissolved into a small (100ml) glass of water or juice as a food supplement or as directed by a practitioner.

Allergen Advice: None.

**Contraindications:** Not suitable for those with an allergy to fish.

Storage: Keep cool, dry & out of direct sunlight.



