

Collagen +

Sage Leaf Extract, Ashwagandha, Isoflavones Daidzein & Genistein with B Vitamins

Read all of this leaflet carefully before you start taking this formulation because it contains important information for you.

Always take this formulation exactly as described in this leaflet or as your doctor or pharmacist have told you.

- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need more information or advice.
- If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. See section 4.
- You must talk to a doctor if you do not feel better or if you feel worse.

What is in this leaflet

1. What Collagen + is and what it is used for
2. What you need to know before you take Collagen +
3. How to take Collagen +
4. Possible side effects
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1. What Collagen + is and what it is used for

Collagen - collagen is a source of essential amino acids required for protein synthesis, collagen formation and the maintenance of good health. collagen, the most abundant component of the extracellular matrix, is the decisive protein that determines skin physiology, by maintaining the skin structure and enabling its numerous functions to take place. The extracellular matrix retains water and supports smooth, firm, and strong skin.

Turmeric contains curcumin, a substance with powerful anti-inflammatory and antioxidant properties. Turmeric has been shown to exhibit anti-inflammatory, antimicrobial, antioxidant, antineoplastic properties, and even potential to improve mental illnesses.

Vitamin C is a potent antioxidant protecting the body against endogenous and exogenous oxidative challenges, likely, its action as a cofactor for numerous biosynthetic and gene regulatory enzymes plays a key role in its immune-modulating effects. Vitamin C is an essential vitamin that plays an important role in maintaining the health of our cells, blood vessels and our resistance to infection. Vitamin C also helps bones, teeth, gums, and skin and assists the absorption of iron from the blood.

Hyaluronic acid occurs naturally in our connective tissues, like our joints, muscles, and skin, where it stores 1000x its weight in water. Hyaluronic acid is most commonly found in our skin, with over 50% of our body's production being stored in our skin cells. Found in almost every cell in our body, hyaluronic acid is a gel-like molecule that binds water to retain moisture. Although our bodies can produce it autonomously, our natural levels decline as we age.

Seaweeds contain minerals, vitamins, soluble dietary fibers, and flavonoids, which are regarded as preventive agents against lifestyle-related diseases. Kelp is a long-stemmed seaweed rich in valuable minerals including magnesium and iodine. Kelp is one of the most reliable natural sources of iodine because many vegetables which contain iodine also interfere with the body's ability to absorb it. Iodine is vital for the healthy function of the thyroid gland and the production of thyroid hormones. A well-functioning thyroid effectively regulates the body's metabolism which helps our energy levels. Due to its effect on the metabolism Collagen Plus is a favored choice of slimmers, and those watching their weight.

Blueberries are among the single fruits with the highest amounts of antioxidants. Blueberries are often called a "superfood." This small but mighty berry is loaded with nutrients. They may help lower blood pressure, prevent heart disease, improve memory, aid in exercise recovery, and more. The anti-inflammatory and immune benefits of blueberries may involve mucin-associated and other colonic microbiota. The anti-inflammatory and immune benefits of blueberries may involve mucin-associated and other colonic microbiota.

Aloe Vera's effect on the immune system starts with the digestive system. Aloe vera has been used to prevent skin ulcers and to treat burn wounds, postoperative wounds, cracked nipples, genital herpes, psoriasis, and chronic wounds including pressure ulcers. If the digestive system is not working properly, then the body's immune system becomes overwhelmed due to waste build up, allowing bacteria and viruses to become more prevalent, causing inflammation to set in, joints to become affected, and the circulatory system to be compromised.

Bamboo extract is a complex source of amino acids, vitamins and minerals. Bamboo is a rich source of silica, and may promote bone formation by playing a role in the absorption and maintenance of calcium levels. Silica is also thought to play a role in the health of skin, hair, and nails. Bamboo shoots are considered as one of useful health foods because of their rich contents of proteins, carbohydrates, vitamins, fibres, and minerals and their very low fat.

Acai berry, mainly attributed to its high total polyphenol content and the related high in antioxidant and hypo cholesterolaemic activities. Acai berry extract contains antioxidant-rich plant compounds, healthy fats and fiber.

Black pepper extract stimulates the digestive enzymes of the pancreas, enhances the digestive capacity and significantly reduces the gastrointestinal food transit time. Black pepper extract (Piper nigrum) has been used as a bioavailability enhancer for over 20 years. The biological activity of black pepper extract is due to its active compounds, the most notable of these being piperine.

Zinc is one of the most important trace elements in the organism, with three major biological roles, the catalytic, the structural, and the regulatory. It is required for growth and cell function, bone metabolism, taste, insulin production and the body's immune system which fights infection.

Vitamin B12 functions as an antioxidant for the proper function of the immune system, healthy skin, and hair.

Copper is a trace element present in all tissues and is required for cellular respiration, peptide amidation, neurotransmitter biosynthesis, pigment formation, and connective tissue strength. Vitamin B2 (Riboflavin) plays a key role in energy metabolism and is required for the metabolism of fats, carbohydrates, and proteins.

Iodine is an essential component of the hormones produced by the thyroid gland, and also regulates the metabolic process in the human body. Iodine is involved in the functioning of the thyroid gland which regulates many of the metabolic processes in the body.

Biotin is an alternative medication used in the management and treatment of pathological hair conditions.

Biotin is needed for normal growth and development of the skin and hair, the maintenance of a healthy nervous system and the healthy functioning of bone marrow.

Uses:

Collagen + is used to maintain:

- Healthy skin, hair & nails
- Healthy joints
- Healthy metabolism

2. What you need to know before you take Collagen +

Do not take Collagen +:

- if you are allergic to any of the ingredients in the formulation (listed in section 6).

Warnings and precautions

Visit your doctor to rule out any underlying conditions.

If you are taking other medication, you should consult your doctor before taking Collagen +.

You must talk to your doctor or pharmacist if you feel worse during use of this product, or if your symptoms do not improve.

Children and adolescents

- Do not give this product to children or adolescents under 18 years of age.

Other medicines and Collagen +

- Do not take this product if you are taking barbiturates or benzodiazepines (used as tranquilizers).
- If you are speaking to your doctor, pharmacist or nurse always remember to tell them about any medicines you are taking, including health supplements such as Collagen +.

Pregnancy and breast-feeding

Do not take this product if you are pregnant or breast-feeding.

Driving and using machines

- This product may affect your ability to drive or use machines. If you are affected do not drive or use machinery.

3. How to take Collagen +

Always take this formulation exactly as described in this leaflet or as your doctor or pharmacist have told you. Check with your doctor or pharmacist if you are not sure.

Adult: Take 2 capsules daily.

This product is not suitable for those under 18 years of age.

For oral use only. Don't take more than the recommended dose.

Consult a healthcare provider for long-term use or dosing recommendations for specific health concerns.

If you take more Collagen + than you should

If you feel ill, talk to your doctor. Taking too much is unlikely to be harmful.

If you forget to take Collagen +

Don't worry about the missed dose. Take the next dose as usual.

If you feel Collagen + isn't working

See your doctor if your symptoms worsen or do not improve.

If you have any further questions on the use of this medicine, ask your doctor or pharmacist.

4. Possible side effects

Like all medicines, Collagen + can cause side effects, although not everybody gets them.

Adverse reactions to Collagen + are uncommon. Possible adverse reactions may include:

- Nausea, vomiting, diarrhea, loss of appetite and headache.

If you notice any side effects, discontinue use and tell your doctor or pharmacist.

5. How to store Collagen +

Keep this product out of the sight and reach of children. This product does not require any special storage conditions.

Do not use this product after the expiry date which is stated on the label and the carton.

Do not use this product if you notice a change in appearance.

Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help protect the environment.

6. Contents of the pack and other information

What Collagen + contains

• The active substances are Collagen Peptide, L-Ascorbic Acid (Vitamin C), DL-Alpha Tocopheryl Acetate (Vitamin E), Riboflavin (Vitamin B2), Biotin (Vitamin B7), Turmeric Extract, Zinc (as Zinc Citrate), Copper (as Copper Sulphate), Iodine (As Potassium Iodide), Sea Kelp Extract, Hyaluronic Acid, Blueberry Fruit Extract (10:1), Aloe Vera Extract (200:1), Bamboo Extract, Acai Berry Extract (10:1) and Black Pepper.

The other ingredients are: Microcrystalline Cellulose, Crospovidone, Magnesium Stearate and Hypromellose Capsule Shell.

What Collagen + looks like and contents of the pack

Collagen + is oblong shape hypromellose capsule in a amber PET bottle. Pack sizes: 60 capsules.

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