COLLAGEN PEPTIDES (Hydrolysed)

Protein is an important part of the make-up of the body, and it is a vital nutrient for anybody looking to maintain good overall health.

The Manna Collagen is the perfect protein add-on to any diet. It helps to give your body the protein boost it needs, in a completely natural way. Since ancient times, collagen has been known to benefit human health. For centuries, people have been consuming collagen in the form of bone broth to support their joint and bone health and in more recent times, to promote skin beauty.

What does Collagen do?
Collagen is the major protein in the connective tissues of the body. It holds all living tissues together and ensures the integrity, elasticity and regeneration of skin, cartilage and bones. It is the most abundant protein, representing almost 30% of all human protein content. It affects almost every part of our body that has connective tissue, including the heart, skin, lungs, muscles, hair, arteries, bones, joints, discs, cartilage, nails, blood cells, liver, and prostate.

Why do we need collagen?
Collagen production in our body peaks around the age of 20, and as we age, the body’s production of collagen metabolism slows down causing a gradual deterioration of collagen fibers in all connective tissues.

This degradation process will affect different parts of our body;

- **Skin:**
  As skin cells become less active, the collagen network that provides skin firmness and structure breaks down. Skin becomes dehydrated and thinner, plus lines, wrinkles and deep furrows start to appear

- **Joints:**
  Lower levels of collagen and other matrix components caused by aging can lead to loss of cartilage and joint function. This results in joint discomfort.

- **Bones:**
  Bone turnover becomes imbalanced, that means there is more bone loss than bone formation. This causes bones to become more fragile and easier to break.

- **Muscles:**
  A gradual loss of muscle mass and strength caused by aging can affect balance, gait (manner of walking) and overall mobility.

What is Manna Collagen Peptides?
Manna Collagen is a specific type of collagen that is pre-engineered to be easier to absorb. Instead of forcing your body to break down amino acids and then re-assemble those amino acids into collagen, Manna Collagen Peptides skips that step.
Collagen Peptides basically gives your body small, usable chain peptides and amino acids that are ready to go within your body. This collagen supplement is made from high-grade gelatin (extracted from cattle hides). A formula might look something like this:

- 83% Protein
- 15% Water
- 2% Minerals

Why gelatin? Gelatin actually contains all the essential amino acids required by the human body (except one, tryptophan). Those amino acids include glycine, proline, hydroxyproline, glutamic acid, alanine, arginine, aspartic acid, and several others.

How does it work?
Proteins are essential nutrients for our body. They are made from long chains of amino acids. Collagen peptides are proteins that are highly bioavailable. Consumption of collagen peptides will help supply your body with amino acids needed as building blocks to renew tissues such as skin, bones and joints. It has been proposed that collagen peptides may act as a messenger to the cells and trigger the synthesis and reorganization of new collagen fibers, therefore supporting skin tissue structure.

Health Benefits of Manna Collagen Peptides

Skin health:
Clinical trials showed that collagen peptides consumption effectively supports the intrinsic collagen network of deeper skin layers (1): the fragmentation of collagen in the deep layers of the skin was reduced already after 4 weeks and decreased by 31% after 12 weeks. At the same time, the density of the collagen layer increased, providing more strength to the skin. Collagen further increased skin moisture by 28% after 8 weeks. This restructuring of the skin is key to bringing about anti-aging benefits and a more youthful appearance.

Bone health:
Collagen peptides are demonstrated in scientific studies to promote bone health by stimulating bone renewal, maintaining bone mineral density and improving bone solidity and strength. (2,3,4,5)

Joint health:
Collagen peptides have been proven to stimulate cartilage cells synthesis, producing increased aggrecan (chondroitin) and collagen. (6) A clinical study showed that an intake of collagen can reduce joint discomfort and improve joint flexibility and function. (7) The Collagen treatment resulted in a significant decrease of the WOMAC score linked to an improvement of 37% in joint pain score, 44% in stiffness score and 22% in function score. A recent in-vivo study showed that collagen uniquely combines anti-inflammatory effects with clear joint structure benefits, as it supports cartilage regeneration. (8)

Muscle health:
Collagen peptides are bioactive proteins promoting muscle regeneration. Study showed that collagen peptides can help maintain nitrogen balance and preserve lean body mass in elderly adults. (9)

Collagen peptide supplementation in combination with resistance training has been shown to improve body composition and increase muscle strength in elderly sarcopenic men. (10)

**Prevent injuries**
Repetitive, high-impact movements can exert excessive stress on joints and even damage the cartilage, tendons and ligaments. Collagen peptides can support connective tissues and limit discomfort as well as the risk of any joint-related injury. (11,12)

**Post-workout recovery**
A high protein diet containing collagen peptides just after exercise may enhance muscle anabolism, replace lost proteins, help maintain and restore the protein content of the muscles while also reducing the recovery time.

**Satiety effect**
Providing a high satiety effect, collagen peptides are an excellent protein source to control appetite and moderate cravings. (13)

**How do I take it?**
In order to continuously boost the production of collagen in the body, it is recommended to consume collagen peptides on a daily basis.

**Dosage**
1 scoop per day (±10 gram), dissolved in any liquid.

**Is Manna Collagen Safe to Use?**
Collagen peptides are a pure and bioactive protein, derived from a 100% natural source and free from any side-effects.

**Contra Indications**
If you have a medical condition or are pregnant, please consult your medical doctors or health care professionals.

**Disclaimer**
Manna Collagen Peptides is a nutritional supplement and not a medicine

**Can I use it with my current medication?**
This product is safe to use with any other medication. When using Warfarin, or any other blood thinning medication, please take this product 2 hours before or 2 hours after the medication.

**What is the source of collagen peptides?**
Collagen has a long history of use in foods, mainly in the form of gelatin found in gummies and of the desserts. Collagen is also naturally present in high amounts in some cooked foods, e.g. bone broth and in the skin of fish and chicken. Collagen peptides are extracted from high quality raw materials, are purified and dried to produce a pure protein powder.
How much time is needed to see the first results?
Most studies showed positive health effects on skin and joints within 1-3 months of daily intake. However it is vital to keep up a regimen of daily collagen intake to ensure efficient metabolism and optimal effects.

Can collagen peptides simultaneously support multiple health benefits?
Absolutely, collagen peptides are backed by published scientific evidence for their benefits on skin beauty and joint health. Further indications from preclinical models suggest that collagen helps to maintain healthy bones. Thus, collagen is a holistic solution to maintain the health of musculoskeletal system and also support skin beauty.

Research
13. Veldhorst, M.A. et al., 2009, A breakfast with alpha-lactalbumin, gelatin, or gelatin TRP lowers energy intake at lunch compared with a breakfast with casein, soy, whey, or whey-GMP. *Clinical Nutrition*, 28(2):147-15