What is Collagen?

Collagen is the most abundant protein in the body. It is key for all connective tissue (bone, skin, muscle, cartilage, tendons and ligaments). It provides the infrastructure for our entire musculoskeletal system making it essential for maintaining mobility. Ninety percent of bone mass is from Collagen. As we age, Collagen becomes extremely important, not only for bone health, but the health of our joints. It is also the secret to supple and youthful looking skin.

What is Hydrolyzed Collagen?

There are many clinical trials using Hydrolyzed Collagen for the treatment of Osteoarthritis, Osteoporosis/Osteopenia as well as enhancing the appearance of skin. A similar compound, gelatin, has been used to treat musculoskeletal and dermatological issues for centuries. The medicinal uses of gelatin first appeared in writing in 1175 when Hildegard discussed it as a treatment for joint pain. The process for obtaining Hydrolyzed Collagen is slightly different than that of gelatin. Collagen undergoes a gentle enzymatic hydrolysis procedure that results in bioactive collagen peptides.

Hydrolyzed Collagen for Osteoporosis:

Collagen makes up a significant portion of bone mass. Bone is constantly turning over; new bone is being formed while older bone is going through resorption (being broken down by osteoclasts). Approximately fifteen percent of our bone undergoes turn over per year. There are many factors that can influence bone density, age being a primary one. Bone loss begins at age thirty in both men and women. When the ratio of bone resorption becomes greater than bone formation, bone density issues like Osteopenia and Osteoporosis become a concern. As many people know, hip fractures can be life threatening and they often happen in those who suffer from Osteopenia or Osteoporosis. Currently, the pharmaceutical medications available for treating Osteoporosis and Osteopenia come with many negative and toxic side effects. This is where Hydrolyzed Collagen comes in. It has been found to be helpful for inhibiting bone resorption and is safe for long-term use. The only side effect you will get with Hydrolyzed Collagen is perhaps a more youthful appearance.

A study of mice whose ovaries were removed to reduce bone density (a similar effect to the hormonal changes that we see impacting bone density in menopausal women) found

Experience Pro Collagen

Are you looking for a product that will not only make you look younger but will actually make you feel younger as well? Studies have found that Hydrolyzed Collagen can reduce wrinkles as well as treat Osteoarthritis and Osteoporosis.

Pro Collagen will have you:
- Looking younger
- Free of joint pain
- Strengthening your bones
- Boosting athletic performance

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that if these mice were fed Peptan Hydrolyzed Collagen daily that after 12 weeks they had almost equal bone restoration to the control group who did not have their ovaries removed. Further, there was a significant increase in bone size and strength. There is also evidence that collagen peptides induce the action of osteoblasts, which are bone forming, and reduce the activity of osteoclasts, which are responsible for bone resorption. This would certainly be a supplement that I would recommend to those with a family history of Osteopenia or Osteoporosis or those who have any of the following increased risk factors: early menopause, smoker, 65 or older, weight less than 132 lbs, more than 3 alcoholic beverages per day, low testosterone, Rheumatoid arthritis, Celiac disease, gastric bypass surgery, COPD, taking medications known to reduce bone density (ex. corticosteroids). At a dose of 10g/day for 24 weeks an increase in bone density has been observed.

**Hydrolyzed Collagen for Osteoarthritis:**

Maintaining mobility is important for cardiovascular health, weight management, mental health and overall quality of life. Joint pain caused by Osteoarthritis (OA) is often the reason people are forced to cut back on physical activity. The World Health Organization calls Osteoarthritis one of the most disabling diseases in developing countries. OA is usually seen later in life, however, it does occur in those who participate in sports and manual labour. Any activity that stresses the joints can lead to Osteoarthritis, including obesity. The most commonly affected joints are the hip and knee.

All articular joints contain cartilage that serves to cushion and protect the joints. When cartilage breaks down, due to mechanical stress, bone articulates with bone leading to pain and reduced function of the joint. Studies have found that oral supplementation of Peptan Hydrolyzed Collagen can significantly reduce pain associated with OA.

A recent study found that individuals with OA who were supplemented with 10g of Peptan Hydrolyzed Collagen per day for sixty days experienced a significant decrease in hip and knee pain. Those with the most severe OA benefited the most. Another study compared the use of Hydrolyzed Collagen to the collagen precursor proline and it was found that more of the Hydrolyzed Collagen migrated directly to the cartilage of joints than proline. This occurred as soon as 12 hours after ingestion. This finding led to further investigation that determined that chondrocytes (cells in cartilage) respond to what is present in the matrix around them. Hydrolyzed Collagen in the matrix leads chondrocytes to produce more collagen. Ultimately, the result is the production of healthy cartilage, as chondrocytes are responsible for the replacement and repair of cartilage in the body.

For the younger sports enthusiasts, Hydrolyzed Collagen also helped a group of varsity athletes reduce joint pain. In a 24 week study of varsity athletes who suffered from activity related joint pain 10g/day of Peptan Hydrolyzed Collagen improved pain at rest, when walking, standing or carrying objects.

Like medications for low bone density, analgesics for OA also carry negative side effects like liver and gastrointestinal toxicity as well as increased cardiovascular risk. Hydrolyzed Collagen has been clinically shown to help treat the pain associated with OA and is again safe for long-term use.

**Hydrolyzed Collagen for Skin Health:**

Considering Collagen is a major component of all connective tissue, it makes sense that it is also a powerful anti-aging ingredient for skin. Pollution, sun exposure, injury and aging can all cause collagen in the skin to break down and lead to changes we associate with aging. In the skin, collagen is found at the deeper level called the dermis. It provides strength and texture to the skin.

A French study found that Peptan Hydrolyzed Collagen increased collagen fibres in the skin and reduced collagen
Jennifer Marion, ND

Experience all that Pro Collagen has to offer

Jennifer Marion, ND is a general practitioner who treats patients with a variety of health issues. She is passionate about helping her patients both look and feel their best by addressing the causes of health issues rather than simply treating or suppressing symptoms.

Jennifer believes that providing her patients with the information they need to make healthy choices is one of the most important aspects of maintaining health and wellness.

Jennifer's areas of interest consist of but are not limited to: anti-aging, weight loss, chronic care and pain management. In addition to these, Jennifer has experience in the areas of general health, gastrointestinal complaints, hormonal dysregulation, and detoxification programs.

Dr. Marion has additional certification in mesotherapy which has been successfully used to treat chronic and acute pain as well as address cosmetic concerns such as facial rejuvenation, wrinkles, acne, and cellulite.

Jennifer's interests outside the clinic include: enjoyment of the arts, reading, cooking, skiing, yoga, crossfit, tennis, and soccer. She is also very committed to professional development and continuing education in order to improve and enhance her skills in Naturopathic Medicine.

Dr. Marion is a strong believer in educating the community on Naturopathic Medicine. She is available to do presentations and educational seminars.

Jennifer completed her undergraduate degree at the University of Victoria, Victoria, British Columbia. Her postgraduate studies were done in the four-year program in Naturopathic Medicine at the Canadian College of Naturopathic Medicine (CCNM). Dr. Marion is a member of the Ontario Association of Naturopathic Doctors (OAND), the Canadian Association of Naturopathic Doctors (CAND) and she is registered with the College of Naturopaths of Ontario (CONO).

www.nakapro.com

Why Peptan Hydrolyzed Collagen:

Peptan Hydrolyzed Collagen is highly digestible and bioavailable. It is instantly water soluble in warm or cold water as well as Ph and heat resistant. It contains eighteen amino acids, which also makes it an effective supplement to restore the protein content of muscles after exercise. It is specifically high in the amino acids glycine, proline/hydroxyproline, amino acids from which all Collagen is derived. Peptan Hydrolyzed Collagen has been studied and found effective for the treatment of Osteopenia, Osteoarthritis, Sarcopenia, general joint and muscle health, muscle regeneration, and performance boosting in athletes, as well as weight management by providing a sense of satiety.

Weakening and low production of Collagen fibers have as a consequence the onset of wrinkles. An optimal production of Collagen fibers is essential for skin young and healthy.

Fragmentation (a major component of the aging process of skin) by 18% in 1 month and 31% in 3 months. French and Japanese studies also found that Hydrolyzed Collagen can increase skin hydration levels by 28% after 8 weeks, reduce wrinkles and increase skin suppleness by 19% in 12 weeks. This is truly a supplement that will help to slow aging both inside and out.

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Formulated with over 35 years clinical experience.

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Peptan® Delivering clinically proven anti-aging benefits

Weakening and low production of Collagen fibers leads to the onset of wrinkles.

- Peptan® increased skin hydration by 28% after 8 weeks.*
- Peptan® boosts skin restructuring in just one month.*

Sealed for your protection. Keep out of the reach of children. Do not use if safety seal is broken or missing. For freshness store in a cool, dry place.

Recommended purpose or use:
- Source of the non-essential amino acids alanine, arginine, aspartic acid, glutamic acid, glycine, proline, serine, tyrosine involved in protein synthesis.
- Source of the essential amino acid lysine to help in collagen formation.
- Helps to reduce joint pain associated with osteoarthritis.

Recommended dose:
Adults: 2 Capsules 2 times per day with food.

Medicinal ingredients:
Each veggie capsule contains:
Peptan® F (Hydrolyzed collagen, Type I, Fish - Skin) 500 mg

Non-medicinal ingredients:
Hypromellose, Magnesium stearate (vegetable source).
Contains no added gluten, starch, corn, wheat, soy, nuts, dairy, eggs, yeast, beef or pork.

Known Adverse Reactions:
May cause mild gastrointestinal disturbances.

Peptan® is a registered trademark of Rousselot.

BPA Free Bottle / Bouteille sans BPA

NPN 80067378

500mg/vcap  120 Veggie Caps

SCIENTIFICALLY PROVEN

2000 mg of Peptan®
Bioactive Marine Collagen Peptides
Supports healthy hair, skin and nails

GMO Free  Gluten Free  Non Irradiated

2000 mg de Peptan®
Peptides bioactifs de collagène marin
Favorise des cheveux, une peau et des ongles sains

Sans GMO  Sans gluten  Non irradié

500mg/vcap  120 caps d’origine végétale  NPN 80067378

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An optimal production of Collagen fibers is essential for young & healthy skin.

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Recommended purpose or use:
- Source of the essential amino acids histidine, isoleucine, leucine, lysine, methionine, phenylalanine, threonine, valine for the maintenance of good health and involved in protein synthesis.
- Source of the essential amino acid lysine to help in collagen formation.
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TM

Collagen

MC

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BPA Free Bottle / Bouteille sans BPA

NPN 80067378

500mg/vcap  120 Veggie Caps
Scellé pour votre protection. Tenir hors de la portée des enfants. Ne pas utiliser si le sceau est brisé ou absent. Pour conserver la fraîcheur, garder dans un endroit frais et sec.

Usages ou fins recommandés :
- Source des acides aminés essentiels : histidine, isoleucine, leucine, lysine, méthionine, phénylalanine, thréonine et valine impliqués dans la synthèse des protéines pour le maintien d’une bonne santé.
- Source des acides aminés non-essentiels : alanine, arginine, acide aspartique, acide glutamique, glycine, proline, séline et tyrosine impliqués dans la synthèse des protéines.
- Source de l’acide aminé essentiel lysine pour aider à la formation de collagène.
- Aide à réduire la douleur articulaire associée à l’arthrose/l’ostéarthrite.

Dose recommandée : Adultes : 2 capsules 2 fois par jour.

Ingrédients médicaux : Chaque gélule d’origine végétale contient :
Peptan FMD (collagène hydrolysé, type I, peau de poisson) ......................................................... 500 mg

Ingrédients non médicaux : Hypromellose, stéarate de magnésium (source végétale).

Ne contient pas de gluten ni amidon, mais, blé, soya, noix, produit laitier, œuf, levure, bœuf ou porc.

Réactions indésirables connues :
Peut causer de légers malaises gastro-intestinaux.
PeptanMD est une marque déposée de Rousselot.

Formulated with over 35 years clinical experience.

Recommended purpose or use:
• Source of the essential amino acids histidine, isoleucine, leucine, lysine, methionine, phenylalanine, threonine, and valine involved in protein synthesis, and the non-essential amino acids alanine, arginine, aspartic acid, glutamic acid, glycine, proline, serine, and tyrosine involved in protein synthesis.

Recommended dose:
Adults: 2 capsules 2 times per day with food.

Ingrédients médicinaux:
Chaque capsule contient:
Peptan® B (collagène hydrolysé, type 1, peau de bovin sans ESF, certifié halal) .......................... 500 mg

Scellé pour votre protection. Tenir hors de la portée des enfants. Ne pas utiliser si le sceau est brisé ou absent. Pour conserver la fraîcheur, garder dans un endroit frais et sec.

Usages ou fins recommandés:
• Source des acides aminés essentiels histidine, isoleucine, leucine, lysine, méthionine, phénylalanine, thréonine, et valine impliqués dans la synthèse des protéines pour le maintien d’une bonne santé, et d’acides aminés non-essentiels alanine, arginine, acide aspartique, acide glutamique, glycine, proline, serine et tyrosine impliqués dans la synthèse des protéines, et de l’acide aminé essentiel lysine pour aider à la formation de collagène.

• Aide à réduire la douleur aux articulations associée à l’arthrose.

Dose recommandée:
Adultes : 2 capsules 2 fois par jour avec de la nourriture.

Ingrédients médicaux:
Chaque capsule contient:
Peptan® B (collagène hydrolysé, type 1, peau de bovin sans ESF, certifié halal) .......................... 500 mg

Ingrédients non médicaux:
Gélatine (sans ESF, de source bovine, certifiée halal), stéarate de magnésium (source végétale). Ne contient pas de gluten ni amidon, maïs, blé, soya, noix, produit laitier, sulfites, levure, porc.

Reactions indésirables connues:
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BPA Free Bottle / Bouteille sans BPA

GMO Free
Gluten Free
Non Irradiated

Clinically proven effectiveness for Joint, Bone and Skin Health
Efficacité éprouvée en clinique pour la santé des articulations, des os et de la peau

Made in Canada
Fabrication au Canada

Known Adverse Reactions:
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An optimal production of Collagen fibers is essential for young and healthy skin.

Recommended purpese or use:
• Source of the essential amino acids histidine, isoleucine, leucine, lysine, methionine, phenylalanine, threonine, valine for the maintenance of good health and involved in protein synthesis.
• Source of the non-essential amino acids alanine, arginine, aspartic acid, glutamic acid, glycine, proline, serine, tyrosine involved in protein synthesis.
• Source of the essential amino and sugars to help in collagen formation.
• Helps to reduce joint pain associated with osteoarthritis.

Recommended dose:
Adults and adolescents 12 and over: 1 scoop 1 time per day.
Dissolve 1 heaping scoop in 250 ml of lukewarm water and drink immediately. For Joint Pain: Use for a minimum of 5 months to see beneficial effects.

Medicinal ingredients:
Each heaping scoop (8.2g) contains:
- Peptan® Hydrolyzed collagen (Type 1, Fish - Skin) 7500 mg
- Ascorbic acid (Vitamin C) 400 mg
- Hyaluronic acid (Sodium Hyaluronate) 10 mg

Non-medicinal ingredients:
Natural Mix Berry flavou, Stevia rebaudiana leaf.
Contains no added gluten, nuts, eggs, dairy products, fish or shellfish, soy, corn, wheat or yeast.

Cautions and Warnings:
• If you are pregnant or breastfeeding, consult a health care practitioner prior to use.
• If you have liver or kidney disease or if you have been instructed to follow a low protein diet, consult a health care practitioner prior to use.

Known Adverse Reactions:
May cause mild gastrointestinal disturbances.

Peptan® is a registered trademark of Rousselot.

Tirer ici pour l’information en Français

SCIENTIFICALLY PROVEN!
Ingrédients médicinaux :
Chaque mesure (8,2 g) contient :
- Collagène hydrolysé PeptanMD F (type 1, peau de poisson) ..................................... 7500 mg
- Acide ascorbique (vitamine C) ............................................................................... 400 mg
- Acide hyaluronique (hyaluronate de sodium) .......................................................... 10 mg

Ingrédients non médicinaux :
- Saveur naturelle de baies, feuille de Stevia rebaudiana
- Ne contient pas de gluten, ni noix, œuf, produit laitier, poisson ou crustacé, soya, maïs, blé ou levure.

Précaution et mise en garde :
- Si vous êtes enceinte ou allaitez, consulter un praticien de soins de santé avant d’en faire l’usage.
- Si vous souffrez d’une maladie hépatique ou rénale ou si vous devez suivre une diète faible en protéines, consulter un praticien de soins de santé avant d’en faire l’usage.

Réaction indésirable connue :
Peut causer de légers malaises gastro-intestinaux.

Peptan MD est une marque déposée de Rousselot.

Usage ou fin recommandé :
- Source des acides aminés essentiels histidine, isoleucine, leucine, lysine, méthionine, phénylalanine, thréonine et valine impliqués dans la synthèse des protéines pour le maintien d’une bonne santé.
- Source d’acides aminés essentiels alanine, arginine, acide aspartique, acide glutamique, glycine, proline, sérine et tyrosine impliqués dans la synthèse des protéines.
- Aide à la formation du tissu conjonctif.
- Aide à la cicatrisation des blessures.
- Un antioxydant pour le maintien d’une bonne santé.

Usage recommandé :
- Adultes et adolescents de 12 ans et plus : 1 mesure 1 fois par jour.
- Dosé comme de la caféine dans 250 ml d’eau froide pour boire immédiatement après vos repas.
- Utiliser pendant au moins 5 mois afin de constater les effets bénéfiques.
Formulated with over 35 years clinical experience.

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Medicinal Ingredients: Each level scoop (8.2g) contains:

- Peptan® Hydrolyzed collagen - Type 1 (BSE Free Bovine source Halal certified) 7500 mg
- Ascorbic acid (Vitamin C) 400 mg

Non-medicinal ingredients: Natural Mix Berry flavour, Stevia rebaudiana leaf.

Contains no added gluten, nuts, eggs, dairy products, fish or shellfish, soy, corn, wheat or yeast.

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- If you have liver or kidney disease or if you have been instructed to follow a low protein diet, consult a health care practitioner prior to use.

Known Adverse Reactions:

May cause mild gastrointestinal disturbances.

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Recommended purposes:

- Source of the essential amino acid lysine to help in collagen formation.
- Helps to reduce joint pain associated with osteoarthritis.
- Helps to develop and maintain bones, cartilage, teeth and gums.
- Helps in connective tissue formation.
- Helps in wound healing.
- An antioxidant for the maintenance of good health.
- Source of the essential amino acids cystine, arginine, aspartic acid, glutamic acid, glutamine, proline, serine, tyrosine involved in protein synthesis.
- Source of the non-essential amino acids alanine, arginine, aspartic acid, glutamic acid, glycine, proline, serine, tyrosine involved in protein synthesis.

Recommended dose:

Adults and adolescents 12 and over: 1 scoop 1 time per day. Dissolve 1 level scoop in 250 ml of warm water and drink immediately. For Joint Pain: Use for a maximum of 6 months to see beneficial effects.

Clinically proven effectiveness for Joint, Bone and Skin Health

GMO Free
- Gluten Free
- Non Irradiated

Formulated with over 35 years clinical experience.

Efficacité éprouvée en clinique pour la santé des articulations, des os et de la peau

Savoureux et naturel

Saveur naturelle de baies

Sans gluten
- Sans arômes artificiels

Sens for your protection. Keep out of the reach of children. Do not use if safety seal is broken or missing. For best results, close the lid tightly after each use. (815) 393-8888

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Ingrédients médicinaux :
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Collagène hydrolysé Peptan MD - Type 1 (de source bovine sans ESB, certifié halal) . .7500 mg
Acide ascorbique (Vitamine C) .............................................................................. 400 mg

Ingrédients non médicinaux :
Saveur naturelle de baies, feuille de Stevia rebaudiana.
Ne contient pas de gluten, ni noix, œuf, produit laitier, poisson ou crustacé, soya, maïs, blé ou levure.

Précaution et mise en garde :
• Si vous êtes enceinte ou allaitez, consulter un praticien de soins de santé avant d’en faire l’usage.
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Réaction indésirable connue :
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Usage ou les recommandé :
- Source de l’acide aminé essentiel lysine pour aider à la formation de collagène.
- Aide à réduire la douleur aux articulations associée à l’arthrose/ostéoarthrite.
- Aide à réguler et à moduler le liquide et les protéines.
- Contribue au développement et au maintien des os, du cartilage, des dents et des gencives.
- Aide à réguler la formation du tissu conjonctif.
- Fournit la contribution des vitamines.
- Apportant pour la maintenance d’une bonne santé.
- Source des acides aminés essentiels : histidine, isoleucine, leucine, lysine, methionine, phénylalanine, threonine et估值 impliqués dans la synthèse des protéines pour la maintenance d’une bonne santé.
- Source des acides aminés non-essentiels : alanine, arginine, acide aspartique, acide glutamique, glycine, proline, sérine et tyrosine impliqués dans la synthèse des protéines.

Dose recommandée :
- Adultes et adolescents de 12 ans et plus : 1 mesure 1 fois par jour.
- Dissoudre une mesure sous dans 250 ml d’eau tiède et boire immédiatement depuis une cuillère. Utiliser pendant au moins 5 mois afin de constater les effets bénéfiques.