# COLLAGEN BOOZT FLEX

## FOOD SUPPLEMENT WITH MARINE COLLAGEN POWDER AND HYALURONIC ACID


GLUTEN-FREE

INFORMED WE TEST · YOU TRUST SPORT

### PRODUCT HIGHLIGHTS

Our marine collagen powder supplement infused with 120 mg hyaluronic acid to help you nourish your natural beauty from within. Just stir it in and let your glow show.

Collagen Boozt Flex is a berry-flavored powder formula with high levels of two key ingredients: marine collagen and hyaluronic acid. Sourced from fish, marine collagen is known for its high bioavailability[1] and potential to improve skin structure and elasticity[1,2], while hyaluronic acid is valued for its moisture-retaining properties of the skin[3].

Additionally, Collagen Boozt Flex is enriched with post-biotics, and a blend of active ingredients: vitamin C contributes to normal collagen formation for the normal function of the skin[4]; biotin and zinc help maintain normal skin[5,6]; and copper supports normal skin pigmentation[7]. Together, these ingredients work synergistically to support and invigorate your skin's natural functions and appearance.

Collagen Boozt Flex powder is designed as a 10-day routine, and can easily be stirred into 500 ml of water, or mixed with smoothies, yogurt or shakes, offering a flexible way to integrate collagen nutrition into your daily routines to support your collagen needs.

## KEY BENEFITS

**Supports normal collagen formation**

- With vitamin C, which contributes to normal collagen formation for the normal function of skin[4].

**Helps maintain skin hydration**

- Hyaluronic acid is known for its ability to attract and retain moisture, helping to support supple, hydrated-looking skin[3,8].

**Supports skin elasticity and structure**

- Marine collagen peptides provide key amino acids that help maintain the skin's structure and support a smoother, more elastic appearance[2].

**Gut–skin support from within**

- With Plenibiotic™ postbiotics to support a balanced gut microbiome and skin hydration[10].

**Protects cells from oxidative stress**

- Vitamin C, zinc and copper contribute to the protection of cells from oxidative stress[9].

## SUPPLEMENT FACTS

| Nutrition declaration | Per 100 g | Per daily dose (12.8 g) |
|---|---|---|
| Energy | 1205 kJ / 283 kcal | 154 kJ / 36 kcal |
| Fat | 0 g | 0 g |
| of which saturates | 0 g | 0 g |
| Carbohydrates | 3.7 g | 0 g |
| of which sugars | 0 g | 0 g |
| Fiber | 0.2 g | 0 g |
| Protein | 64 g | 8.2 g |
| Salt | 0.33 g | 0.04 g |
| **Nutritional information / ingredients** | **Per 100 g** | **Per daily dose (12.8 g)** |
| Hydrolyzed marine collagen | 62,500 mg | 8,000 mg |
| L-Arginine | 4,883 mg | 625 mg |
| L-Glycine | 4,883 mg | 625 mg |
| Bilberry extract | 1,175 mg | 150 mg |
| Hyaluronic acid | 937.5 mg | 120 mg |
| *Lactobacillus casei* 327 | $7.8 \times 10^{11}$ CFU | $1.0 \times 10^{11}$ CFU |
| L-Glutathione | 781 mg | 100 mg |
| Acerola cherry fruit juice extract | 523 mg | 67 mg |
| Rice bran ceramides | 98 mg | 12.5 mg |
| Vitamin C | 943 mg | 120.8 mg (151%*) |
| Magnesium | 439.7 mg | 56.3 mg (15%*) |
| Zinc | 23.4 mg | 3 mg (30%*) |
| Copper | 1.17 mg | 0.15 mg (15%*) |
| Biotin (Vitamin $B_7$) | 0.273 mg | 0.035 mg (70%*) |

**NRV=Nutrient Reference Value*

**RECOMMENDED DAILY DOSAGE:** *Adults:* 1 sachet per day mixed in 500 ml of water for 10 days.

**CAUTION:** Do not exceed recommended daily dose. Food supplements should not be used as a substitute for a varied, balanced diet and a healthy lifestyle. Please consult your doctor before taking this product if you are pregnant or breastfeeding.

**STORAGE:** Store at room temperature in a dark, dry place. Keep out of reach of children.

**INGREDIENTS:** Hydrolyzed marine collagen (cod, haddock, pollock) (**fish**), acid (citric acid), L-Arginine, L-Glycine, magnesium salts of citric acid, concentrate of carrot *(Daucus carota)*, hibiscus *(Hibiscus sabdariffa)*, natural flavorings, bilberry *(Vaccinium myrtillus)* juice powder, sodium-L-ascorbate (vitamin C), sodium hyaluronate, L-Glutathione, *Lactobacillus casei* subsp. 327, acerola cherry *(Malpighia glabra)* fruit juice extract, sweetener (steviol glycosides from stevia), zinc sulphate, rice *(Oryza sativa)* bran ceramides, cupric citrate, D-Biotin (vitamin $B_7$). **WITH SWEETENER.**

**CONTENT:** 10×12.8 g

### MARINE COLLAGEN PEPTIDES

Collagen Boozt Flex contains hydrolyzed marine collagen peptides from FOS-certified fish, specifically types I and III, which are broken down into smaller, more absorbable molecules for enhanced bioavailability[1]. Together, type I and III work synergistically to help reduce the appearance of wrinkles and signs of aging on your skin[8]. This high-quality marine collagen provides amino acids like glycine, proline, and hydroxyproline, which are integral to the body's collagen production and contribute to improved skin appearance. Collagen Boozt Flex contains a total of 8 grams of marine collagen peptides.

### HYALURONIC ACID

Collagen Boozt Flex contains a high concentration of hyaluronic acid, a naturally occurring polysaccharide found in the skin, connective tissues, and eyes. Known for its exceptional ability to attract and retain moisture, hyaluronic acid helps to maintain the skin's moisture levels, contributing to a plump and supple appearance[3]. Hyaluronic acid can also reduce the appearance of fine lines and wrinkles[3] by keeping the skin hydrated.

OTHER ACTIVE INGREDIENTS

### LACTOBACILLUS CASEI SUBSP. CASEI 327 (PLENIBIOTIC™)

Plenibiotic™ is a postbiotic ingredient derived from the fermentation of *Lactobacillus casei subsp. casei 327*. Unlike probiotics, which are live bacteria, postbiotics like Plenibiotic™ consist of non-living bacterial components and metabolites, such as short-chain fatty acids, peptides, and exopolysaccharides, that remain after bacterial fermentation. These compounds are included in Collagen Boozt Flex for their role in supporting a balanced gut microbiome, contributing to the product's holistic approach to skin care.

### L-ARGININE AND GLYCINE

Collagen Boozt Flex includes L-Arginine and glycine, amino acids that are important for various bodily functions. L-Arginine is a semi-essential amino acid that supports overall metabolic processes, while glycine is a non-essential amino acid that is a fundamental building block of proteins, including collagen. Both amino acids contribute to the overall amino acid profile of the product, supporting the skin's appearance and helping to maintain its structure.

### ACEROLA CHERRY EXTRACT

Acerola cherry extract, derived from the small, bright red fruit of the acerola tree, is rich in naturally occurring vitamin C and antioxidants. This extract is included in Collagen Boozt Flex for its high vitamin C content, which supports normal collagen formation and helps protect cells from oxidative stress. In addition to its nutritional benefits, the extract also contributes to the product's flavor profile, enhancing the overall sensory experience.

### VITAMIN C

Vitamin C, included in the form of sodium ascorbate, contributes to normal collagen formation[4], which is important for the normal function of the skin. Additionally, vitamin C helps protect cells from oxidative stress, supporting the skin's natural defense mechanisms[9].

**BILLBERRY EXTRACT**

Bilberry fruit extract is derived from the small, dark blue berries of the bilberry plant, which is native to Northern Europe. The berries are closely related to blueberries and are known for their deep color and rich history of use in traditional practices. Bilberry extract is used in Collagen Boozt Flex for its concentrated form of the fruit, providing a rich source of naturally occurring compounds. These compounds give bilberries their distinctive color and flavor, enhancing the organoleptic properties of Collagen Boozt Flex.

**RICE BRAN CERAMIDES**

Rice bran ceramides, natural lipids derived from the outer layer of rice grains, are included in Collagen Boozt Flex for their role in supporting the skin. These ceramides help maintain the skin's moisture levels and contribute to a smooth and supple appearance, making them a key component of the product's formulation.

**L-GLUTATHIONE**

L-Glutathione is a naturally occurring tripeptide composed of the amino acids glutamine, cysteine, and glycine. It is found in cells throughout the body and forms part of the body's natural antioxidant network. In Collagen Boozt Flex, L-Glutathione is included as part of the carefully selected blend of active ingredients. Together with vitamin C, zinc, and copper – which contribute to the protection of cells from oxidative stress – it complements the overall formulation and supports the product's holistic approach to skin nutrition.

## REFERENCES AND EU HEALTH CLAIMS


[1] *Furtado, M., Chen, L., Chen, Z., Chen, A., & Cui, W. (2022). Development of fish collagen in tissue regeneration and drug delivery. Engineered Regeneration, 3(3), 217-231. https://doi.org/10.1016/j.engreg.2022.05.002*

[2] *Asserin, J., Lati, E., Shioya, T., & Prawitt, J. (2015). The effect of oral collagen peptide supplementation on skin moisture and the dermal collagen network: Evidence from an ex vivo model and randomized, placebo-controlled clinical trials. Journal of Cosmetic Dermatology, 14(4), 291-301. https://doi.org/10.1111/jocd.12174*

[3] *Gao, Y. R., Wang, R. P., Zhang, L., Fan, Y., Luan, J., Liu, Z., & Yuan, C. (2023). Oral administration of hyaluronic acid to improve skin conditions via a randomized double-blind clinical test. Skin Research and Technology, 29(11), e13531. https://doi.org/10.1111/srt.13531*

[4] *Vitamin C contributes to normal collagen formation for the normal function of skin.*

[5] *Biotin contributes to the maintenance of normal skin.*

[6] *Zinc contributes to the maintenance of normal skin.*

[7] *Copper contributes to normal skin pigmentation.*

[8] *Koizumi, S., Inoue, N., Shimizu, M., Kwon, C., Kim, H., & Park, K. S. (2018). Effects of dietary supplementation with fish scales-derived collagen peptides on skin parameters and condition: A randomized, placebo-controlled, double-blind study. International Journal of Peptide Research and Therapeutics, 24(1), 397-402. https://doi.org/10.1007/s10989-017-9626-0*

[9] *Vitamin C contributes to the protection of cells from oxidative stress.*
*Zinc contributes to the protection of cells from oxidative stress.*
*Copper contributes to the protection of cells from oxidative stress.*

[10] *Shigemura, H., & Matsumoto, K. (2025). Postbiotics and the Gut–Skin Axis: Emerging Evidence for Skin Health Benefits. Biomedicines, 13(3), 791. https://doi.org/10.3390/biomedicines13030791*


*High In Protein (85% energy value provided by protein).*
*Protein contributes to a growth in muscle mass.*
*Protein contributes to the maintenance of muscle mass.*
*Protein contributes to the maintenance of normal bones.*

*High in Vitamin C (151% Daily NRV per 12,800 mg serving).*
*Vitamin C contributes to normal collagen formation for the normal function of blood vessels.*
*Vitamin C contributes to normal collagen formation for the normal function of bones.*
*Vitamin C contributes to normal collagen formation for the normal function of cartilage.*
*Vitamin C contributes to normal collagen formation for the normal function of gums.*
*Vitamin C contributes to normal collagen formation for the normal function of skin.*
*Vitamin C contributes to normal energy-yielding metabolism.*
*Vitamin C contributes to the normal functioning of the nervous system.*
*Vitamin C contributes to the normal function of the immune system.*
*Vitamin C contributes to the protection of cells from oxidative stress.*
*Vitamin C contributes to the reduction of tiredness and fatigue.*
*Vitamin C contributes to the regeneration of the reduced form of vitamin E.*

*High in Biotin (70% Daily NRV per 12,800 mg serving).*
*Biotin contributes to normal energy-yielding metabolism.*
*Biotin contributes to normal functioning of the nervous system.*
*Biotin contributes to normal macronutrient metabolism.*
*Biotin contributes to the maintenance of normal hair.*
*Biotin contributes to the maintenance of normal mucous membranes.*
*Biotin contributes to the maintenance of normal skin.*

*Source of Magnesium (15% Daily NRV per 12,800 mg serving).*
*Magnesium contributes to a reduction of tiredness and fatigue.*
*Magnesium contributes to electrolyte balance.*
*Magnesium contributes to normal energy-yielding metabolism.*
*Magnesium contributes to normal functioning of the nervous system.*
*Magnesium contributes to normal muscle function.*
*Magnesium contributes to normal protein synthesis.*
*Magnesium contributes to the maintenance of normal bones.*
*Magnesium contributes to the maintenance of normal teeth.*
*Magnesium has a role in the process of cell division.*

*High in Zinc (30% Daily NRV per 12,800 mg serving).*
*Zinc contributes to normal DNA synthesis.*
*Zinc contributes to normal acid-base metabolism.*
*Zinc contributes to normal macronutrient metabolism.*
*Zinc contributes to normal metabolism of fatty acids.*
*Zinc contributes to normal protein synthesis.*
*Zinc contributes to the maintenance of normal bones.*
*Zinc contributes to the maintenance of normal hair.*
*Zinc contributes to the maintenance of normal nails.*
*Zinc contributes to the maintenance of normal skin.*
*Zinc contributes to the maintenance of normal testosterone levels in the blood.*
*Zinc contributes to the normal function of the immune system.*
*Zinc contributes to the protection of cells from oxidative stress.*
*Zinc has a role in the process of cell division.*

*Source of Copper (15% Daily NRV per 12,800 mg serving).*
*Copper contributes to the maintenance of normal connective tissues.*
*Copper contributes to normal energy-yielding metabolism.*
*Copper contributes to normal functioning of the nervous system.*
*Copper contributes to normal hair pigmentation.*
*Copper contributes to normal iron transport in the body.*
*Copper contributes to normal skin pigmentation.*
*Copper contributes to the normal function of the immune system.*
*Copper contributes to the protection of cells from oxidative stress.*