

# COLLAGEN BOOZT X

MIXED BERRY FLAVOR SPORTS SUPPLEMENT – 10-DAY ROUTINE



GLUTEN-FREE



CHOICE

## PRODUCT HIGHLIGHTS

Collagen Boozt X is a mixed berry-flavored liquid formula with high levels of two key ingredients: marine collagen and hyaluronic acid. Sourced from fish, marine collagen is known for its high bio-availability<sup>1</sup> and potential to support skin structure and elasticity<sup>1,2</sup>.

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

Collagen Boozt X is designed as a 10-day routine, carefully formulated to support your collagen needs.

**Content:** 10 x 50 ml

## KEY BENEFITS

### Supports skin elasticity

- ▶ Marine collagen contributes to the maintenance of skin elasticity<sup>2</sup>.

### Contributes to the skin's surface structure

- ▶ Marine collagen supports the normal structure of the skin<sup>2</sup>.

### Supports skin hydration

- ▶ Marine collagen peptides support hydration<sup>3</sup>.

### Maintains skin function

- ▶ Vitamin C contributes to normal collagen formation for the normal function of skin<sup>4</sup>.

### Supports skin maintenance

- ▶ Biotin and zinc help maintain normal skin<sup>5,6</sup>.

ZINZINO

## NUTRITION INFORMATION

Servings per pack: 10 Serving size: 50 mL		
Average Quantity	Per Serve	Per 100 mL
Energy	230 kJ / 55 Cal	460 kJ / 111 Cal
Protein	9.9 g	19.7 g
• Gluten	Nil detected	Nil detected
Fat, total	0 g	0 g
- saturated	0 g	0 g
Carbohydrate	5.2 g	10.3 g
- sugars	0.4 g	0.7 g
Dietary fibre	2.3 g	4.5 g
Sodium	15.1 mg	30.2 mg
Hydrolyzed fish collagen	8 g	16 g
Chicory root fibre	2.5 g	5 g
L-Arginine	625 mg	1.25 g
Glycine	625 mg	1.25 g
Blueberry extract	150 mg	300 mg
<i>Streptococcus salivarius ssp. thermophilus TCI633</i>	100 mg	200 mg
Hyaluronic acid	68.8 mg	137.6 mg
Acerola juice powder	29.9 mg	59.8 mg
Rice Extract	12.5 mg	25 mg
Vitamin C	30 mg	60 mg
Biotin	25 mcg	50 mcg
Magnesium	56.3 mg	112.6 mg
Zinc	3 mg	6 mg
Copper	0.15 mg	0.3 mg

**RECOMMENDED DAILY DOSAGE:** *Adults:* 1 bottle per day for 10 days. Do not exceed recommended daily dose. Food supplements are not intended as a substitute for a balanced and varied diet.

**STORAGE:** Store at room temperature in a dark, dry place, or refrigerate for the best taste experience. Keep out of reach of children.

**INGREDIENTS:** Water, hydrolyzed marine collagen (**fish**), chicory root fiber, acidity regulator (citric acid), purple carrot juice concentrate, L-Arginine, glycine, magnesium phosphate, flavorings, blueberry extract, ascorbic acid (vitamin C), *Streptococcus salivarius ssp. thermophilus TCI633*, hyaluronic acid, acerola juice powder, emulsifier (gum acacia, zinc gluconate, sweetener (steviol glycosides), rice extract (containing ceramide), copper gluconate, emulsifier (sunflower lecithin), biotin (vitamin B<sub>7</sub>).

### MARINE COLLAGEN PEPTIDES

Collagen Boozt X contains hydrolyzed marine collagen peptides, specifically types I and III, which are broken down into smaller, more absorbable molecules for enhanced bioavailability<sup>1</sup>. Together, type I and III work synergistically to help reduce the appearance of wrinkles and signs of aging<sup>2</sup>. 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 X contains a total of 8 grams of protein.

### HYALURONIC ACID

Collagen Boozt X contains hyaluronic acid (as sodium hyaluronate), a naturally occurring substance found in the human body, including the skin, connective tissue, and eyes. Hyaluronic acid is a type of polysaccharide that has a strong ability to bind with water molecules, which is why it is widely used in foods, health products, and cosmetics.

## OTHER ACTIVE INGREDIENTS

### CHICORY ROOT FIBER

Chicory root fiber, derived from the roots of *Cichorium intybus*, is a natural prebiotic composed primarily of inulin, a soluble dietary fiber. This fiber passes through the upper digestive tract and is fermented by the microbiota in the colon, which contributes to a balanced gut microbiome. In addition, it has a slightly sweet taste and improves the texture and consistency of Collagen Boozt X.

### STREPTOCOCCUS SALIVARIUS

*Streptococcus salivarius ssp. thermophilus TCI633* is a distinctive and well-characterized bacterial strain valued for its unique profile and origins. Recognised for its innovative application in product formulation, this strain is included in Collagen Boozt X as part of a carefully balanced blend of ingredients. Its inclusion is designed to add to the product's overall character and composition.

### L-ARGININE AND GLYCINE

Collagen Boozt X includes L-Arginine and glycine, amino acids that are important for various bodily functions. Glycine is a non-essential amino acid that is a fundamental building block of proteins, including collagen.

### ACEROLA JUICE POWDER

Acerola juice powder, derived from the vibrant red fruit of the acerola tree, is naturally abundant in vitamin C and powerful antioxidants. Included in Collagen Boozt X for its significant vitamin C content, which supports normal collagen synthesis and aids in protecting cells from oxidative stress. Beyond its nutritional advantages, acerola juice powder also enriches the product's taste, contributing positively to the overall sensory experience.

### VITAMIN C (ASCORBIC ACID)

Vitamin C, included in the form of sodium ascorbate, contributes to normal collagen formation<sup>4</sup>, 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<sup>9</sup>.

### BLUEBERRY EXTRACT

Blueberry extract is derived from the richly colored berries of the blueberry plant, known for their deep purple-red hue and pleasant flavor. The extract is carefully produced through a gentle extraction process to preserve the beneficial natural compounds found in blueberries. These compounds not only contribute valuable nutrients but also enhance Collagen Boozt X's distinctive color, taste, and overall sensory experience.

### RICE BRAN CERAMIDES

Collagen Boozt X contains rice bran ceramides, which are natural lipids derived from the outermost layer of rice grains. Ceramides are a type of lipid commonly found in plant-based foods and, along with other dietary components, are used in a range of foods, health products, and cosmetics for their structural and functional properties.

## REFERENCES AND AU HEALTH CLAIMS

- <sup>1</sup> 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>
- <sup>2</sup> 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>
- <sup>3</sup> Liu, C., Tseng, Y-P., Chan, L-P., & Liang, C-H. (2022). The potential of *Streptococcus thermophilus* (TCl633) in anti-aging. *Journal of Cosmetic Dermatology*, 21, 2635-2647. <https://doi.org/10.1111/jocd.14445>
- <sup>4</sup> Vitamin C contributes to normal collagen formation for the normal function of skin.
- <sup>5</sup> Biotin contributes to the maintenance of normal skin.
- <sup>6</sup> Zinc contributes to the maintenance of normal skin.
- <sup>7</sup> Copper contributes to normal skin pigmentation.
- <sup>8</sup> 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>
- <sup>9</sup> 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.

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 (75% Daily RDI per 50,000mg 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 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

High in Biotin (83% Daily RDI per 50,000mg 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 (17.5% Daily RDI per 50,000mg serving)  
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 (25% Daily RDI per 50,000mg serving)  
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