

# COLLAGEN BOOZT

## CHERRY FLAVOR SUPPLEMENT – 10-DAY ROUTINE



### PRODUCT HIGHLIGHTS

Collagen Boozt is a cherry-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 bioavailability<sup>1</sup> and potential to improve skin structure and elasticity<sup>1,2</sup>, while hyaluronic acid is valued for its moisture-retaining properties of the skin<sup>3</sup>.

Additionally, Collagen Boozt is enriched with prebiotics, 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 is designed as a 10-day routine, carefully formulated to support your collagen needs.

**Content:** 10 x 46 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 increase hydration<sup>3</sup>, and hyaluronic acid helps retain moisture in the skin<sup>3,8</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 helps maintain normal skin<sup>5,6</sup>.

## SUPPLEMENT FACTS

<b>Nutritional value and contents per serving:</b>	<b>46 ml</b>
Hydrolyzed fish collagen	8.000 mg
Chicory root fiber	2.500 mg
L-Arginine	625 mg
Glycine	625 mg
Bilberry extract	150 mg
Hyaluronic acid	120 mg
Plenibiotic™ (L. casei 327)	100 mg
Acerola cherry	66.5 mg
Rice bran ceramides	12.5 mg
Vitamin C (ascorbate)	80 mg (100%*)
Vitamin B <sub>7</sub> (biotin)	25 µg (50%*)
Magnesium	56.3 mg (15%*)
Zinc	3 mg (30%*)
Copper	0.15 mg (15%*)

\*Nutrient reference values (NRV)

**RECOMMENDED DAILY DOSAGE:** Adults: 1 sachet 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, marine collagen powder (cod, haddock, pollock) (**fish**), chicory root fiber, acidity regulator (glucono delta-lactone, citric acid), L-arginine, glycine, magnesium citrate, flavoring, bilberry extract, hyaluronic acid, black carrot concentrate, *Lactobacillus casei subsp. casei 327*, vitamin C (sodium ascorbate), acerola cherry extract, preservative (potassium sorbate), rice bran ceramides, sweetener (steviol glycosides from Stevia), zinc sulphate, copper citrate, vitamin B<sub>7</sub> (biotin).

### MARINE COLLAGEN PEPTIDES

Collagen Boozt contains hydrolyzed marine collagen peptides from MSC-certified fish, 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>8</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.

### HYALURONIC ACID

Collagen Boozt 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<sup>3</sup>. Hyaluronic acid can also improve the appearance of wrinkles by keeping the skin hydrated and reducing the visibility of fine lines<sup>3</sup>.

## 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 improve the texture and consistency of Collagen Boozt.

### 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 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 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 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 (SODIUM ASCORBATE)

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>.

### BILBERRY 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 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.

### RICE BRAN CERAMIDES

Rice bran ceramides, natural lipids derived from the outer layer of rice grains, are included in Collagen Boozt 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.

## REFERENCES AND EU 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> 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>

<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 Fiber (Contains 5.7g of fiber per 100kcal)

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 (100% Daily RNI per 50000mg 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 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

Vitamin C contributes to the regeneration of the reduced form of vitamin E

High in Biotin (50% Daily RNI per 50000mg 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 RNI per 50000mg 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 RNI per 50000mg 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 RNI per 50000mg serving)

Copper contributes to 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