

CollaGEN



RECOMMENDED USE

- *Helps in collagen formation to maintain healthy bones and cartilage*
- *Helps to improve knee movement with mild knee joint discomfort in healthy persons*
- *Helps to reduce synovial effusion (knee swelling) in persons with mild joint discomfort*
- *Helps reduce pain associated with tendonitis*
- *Helps in wound healing and connective tissue formation*

MUSCULOSKELETAL HEALTH

Over time lifestyle factors can cause reduced elasticity in cartilage, tendons, ligaments and skin. FORTIGEL® has been shown in human studies to support type II collagen and aggrecan synthesis, which are main components of cartilage.¹⁻³ Most therapies simply block joint pain and connective tissue discomfort from exercise, and in doing so inhibit the regeneration and elongation of specific precursors, such as polysaccharides, and deplete nutrients such as vitamin C and magnesium that maintain joint and connective tissue health. FORTIGEL®, TendoActive® and Mobilee® protect and preserve the natural healing process and maintain the structure of connective tissues.

Collagen Hydrolysate

FORTIGEL®, backed by more than fifteen studies, provides bioactive collagen peptides (BCPs), which contain high concentrations of specific peptides that comprise connective tissue. The precise length of the short-chain peptides and their low average molecular weight allows easy absorption, transport, and accumulation to target connective tissue. FORTIGEL® provides 5 g of hypoallergenic protein per serving from a sustainable protein source. The lower dose of collagen peptides decreases excess oxalate production, compared to higher-dose collagen and gelatin products. Clinical studies demonstrate joint health benefits. One randomized, double-blind, placebo-controlled clinical trial performed in cooperation with Harvard Medical School and Tufts Medical Center demonstrated the efficacy of FORTIGEL®. Thirty participants were given collagen hydrolysate, which is a source of the essential amino acid lysine to help in collagen formation. It was given over the course of 48 weeks. Delayed gadolinium enhanced magnetic resonance

imaging of cartilage (dGEMERIC) was used to assess hyaline cartilage and proteoglycan content in the participants' knee joints at baseline, 24 weeks and 48 weeks. The FORTIGEL® group was found to have significant improvements upon primary dGEMERIC imaging scores, suggesting a potential to stimulate an effective chondrocyte response to maintain the collagenous matrix.⁶ In cell culture studies, FORTIGEL®, which is a source of non-essential amino acids involved in protein synthesis, has been found to induce the synthesis of aggrecan (an important component in cartilage) and type II collagen, which plays a key role in cartilage elasticity, and support tendon and ligament matrix molecules.⁷ At Penn State University, 147 athletes were qualified to take FORTIGEL® for 24 weeks. FORTIGEL® is a source of essential amino acids for the maintenance of good health and involved in protein synthesis. The results of the study found FORTIGEL® to support normal joint mobility and joint health.⁵ Finally, a clinical trial on 160 subjects established an effective dose of 5 g for joint health support.⁴

Mobilee® Chicken Comb Extract

Mobilee® is a patented chicken comb extract rich in high molecular weight hyaluronic acid (HA), which is responsible for the viscoelastic, lubricating properties of synovial fluid. This extract also contains collagen and other glycosaminoglycans (GAGs). Hyaluronic acid also plays a role in the biophysical, biochemical and cell regulation processes in joint synovial tissues. Scientific evidence shows Mobilee® supports chondrocytes and synovial cell function, and is two to four times more active than regular HA in supporting synovial fluid health.^{8,9} The latest clinical research demonstrates its ability to help to reduce knee pain, knee discomfort, and improve knee movement for healthy

persons. Research suggests Mobilee® reduces the expression of degradative factors in synovial which helps to reduce synovial effusion (knee swelling) in persons with mild joint discomfort.

Type I Collagen and Mucopolysaccharides

TendoActive® is a combination of type I collagen and mucopolysaccharides. Adult tendons, ligaments and fascial tissue are comprised mainly of type I collagen molecules organized into structural units. The molecular structure and organization of tendon, ligament and fascial collagen fibrils are key determinants in the ability of these tissues to endure mechanical force and fuel self-repair. While collagen provides much of tendon/ligament structure and strength, mucopolysaccharides are the "glue" that holds them together and allows them to stretch, flex, bend and maintain their resilience. Mucopolysaccharides are a critical component of extracellular matrix and are important in maintaining structural integrity, lubrication and spacing of collagen fibers. Furthermore, mucopolysaccharides have been shown to increase collagen and non-collagenous protein synthesis in cultures of bovine tenocytes and ligament cell. TendoActive® has been shown to be effective in studies done on the medial and lateral epicondyle tendons, Achilles tendon and plantar fascia.¹⁵⁻¹⁷

Medicinal Ingredients (per scoop)

Vitamin C (Ascorbic acid USP).....	100 mg
Magnesium (TRAACS™ Magnesium bisglycinate).....	135 mg
Hydrolyzed collagen (Bos, Bovine skin/hide split) (Fortigel®).....	5.2 g
Tendoactive® providing:	
Mucopolysaccharides	
(Glycosaminoglycans, <i>Bos taurus</i> , Cartilage)	440 mg
Hydrolyzed Collagen Type I.....	80 mg
Chicken (<i>Gallus gallus</i> , Comb) Extract (Mobilee®).....	80 mg
(100:1, QCE 8000 mg)	
(60-75% Sodium Hyaluronate, 10% Polysaccharides)	

Recommended Dose

Adults: Mix 1 scoop in 1 cup (8 oz) of water or beverage/liquid of your choice, mix well and consume. For pain due to tendonitis/tendinopathy and plantar fasciitis: Use for a minimum of 1 month to see beneficial effects. For other joint claims, use for a minimum of 3 months. Consult a health care practitioner for use beyond 3 months.

Does Not Contain

Gluten, yeast, artificial colours and flavours.

Risk Information

If you are pregnant or breastfeeding, consult a health care practitioner prior to use. If symptoms worsen, consult a health care practitioner. May cause mild gastrointestinal disturbances.

To be sure this product is right for you, always read and follow the label.

References

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