Marine Collagen Peptides

Collagen is a major component of the human body. About 30% of our total body protein is collagen.

Marine Collagen peptides have been scientifically proven to improve skin elasticity, strengthen nails, reduce wrinkles and cellulite.

If taken regularly, Collagen Peptides can visibly reduce the depth of wrinkles and the skin gains in moisture and tone.

Scientific studies show...

- Stimulates collagen metabolism
- Essential for healthy skin, nails and hair
- Reducing cellulite
- Healthy joints
- Improves mobility
- Reduction of joint pain
- Improves elasticity of tendons and ligaments
- Promotes growth of cartilage tissue
- Improves osteoarthritis
- Reduces exercise induced stiffness
- Can improve bowel function

“Oral Marine Collagen Peptides significantly increased skin elasticity in 4 weeks”

“does what no cream can do...”

Marine Collagen Peptides not only stimulates the growth of new collagen in the skin, but also in the deeper layers of the dermis

The Beauty within...

The natural ageing process.

Nowhere in our body is aging more apparent than in our skin.

The ageing process of skin often starts in our mid twenties as our collagenous connective tissue begins to recede and store less moisture.

Wrinkles appear in our thirties and continue to become more apparent and deeper. By the age of fifty, cheeks sink and the skin becomes thinner and softer.

By the time we get to 45 we have lost approximately 30% of our collagen storage.

Every year after the age of 25, we lose 1.5% of our body's storage of collagen. When collagen is lost, the functional characteristics of your tissues are lost e.g. skin loses elasticity leading to less pliability and wrinkles, epidermal thinning, dryness, bruising and impaired healing.

“abilities in skin repair and tissue regeneration.”

“Demonstrated efficient anti-photoaging activity.”

Marine fish-derived collagen has been utilized for the development of cosmeceutical products due to its abilities in skin repair and tissue regeneration.

Marine fish-derived peptides have also been utilized for various cosmeceutical applications due to their antioxidant, antimicrobial, and matrix metalloproteinase inhibitory activities.

In addition, marine fish-derived proteins and hydrolysates demonstrated efficient anti-photoaging activity.

www.ncbi.nlm.nih.gov/pmc/articles/PMC5450549

Collagen is one of the most important building blocks of the skin and accounts for 80% of its dry weight.

If taken regularly, Collagen Peptides visibly reduce the depth of wrinkles, and the skin gains in moisture and tone.

This effect cannot be achieved with any topical skin treatment. Although creams can be helpful to the skin, oral Collagen Peptides get easily absorbed into the blood stream and heal from the inside.

The amino acids in the Collagen Peptides can provide immediate building blocks to stimulate the repair of tissue.

However, their more profound role is to act as a cell signaller and up-regulate gene expression, stimulating the healing process by actually growing new tissue.

Collagen makes up approximately 70% of the body's cartilage dry mass. As a primary constituent it plays a key role.

Collagen peptides has been scientifically proven to stimulate the synthesis of new joint cartilage tissue mass. It's the perfect natural and effective way to protect and regenerate joint cartilage.

The stimulating effects of these collagen peptides on cell growth in skin, joints, tendons, ligaments and bones has been demonstrated in numerous scientific studies. Collagen Peptides are therefore a valuable source of essential and non-essential amino acids.

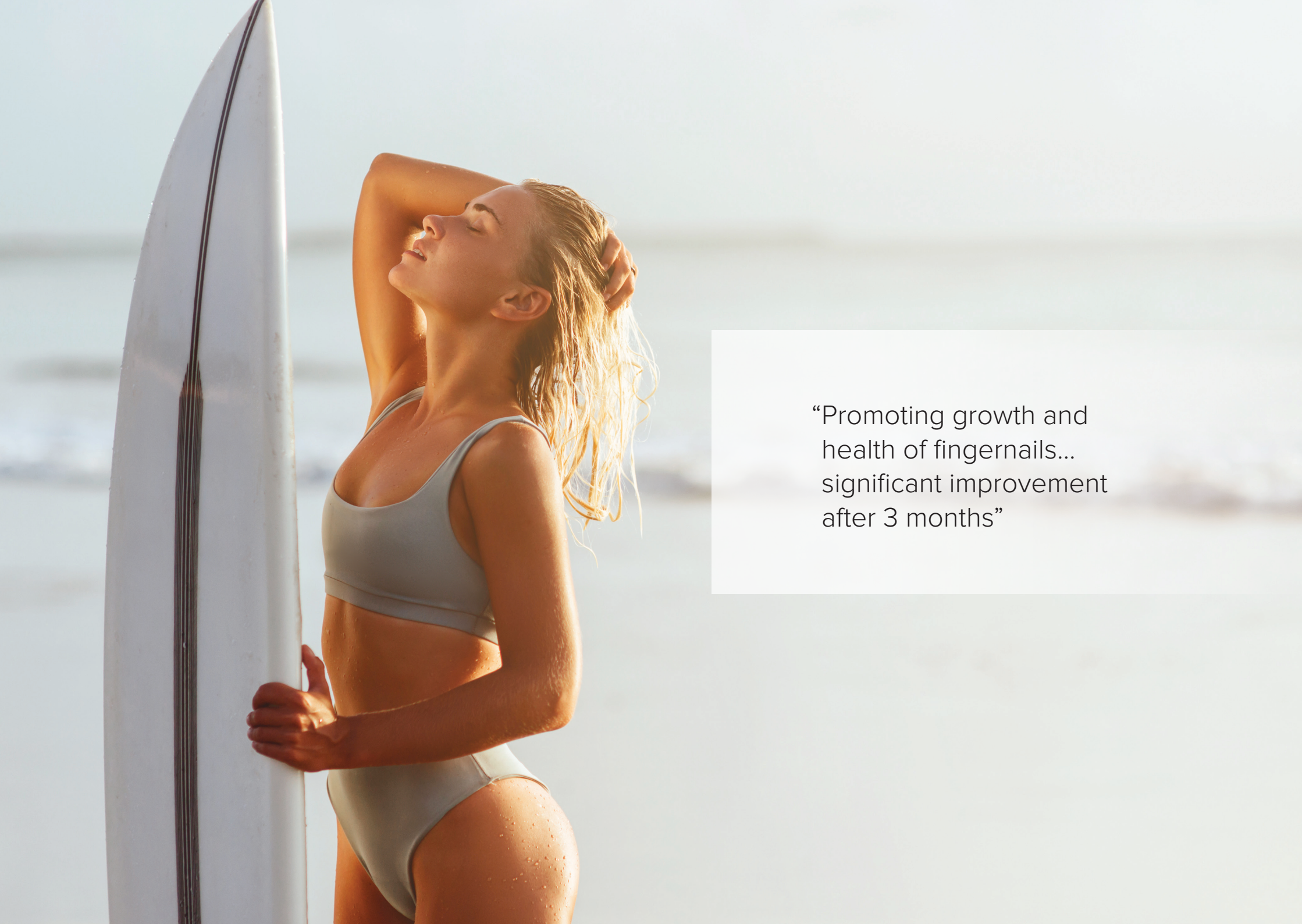
The Journal of Cosmetic Dermatology (Dec, 2017) reported that oral supplementation with specific bioactive collagen peptides improves nail growth and reduces the symptoms of brittle nails.

Brittle nail syndrome is a common problem among women and refers to nails that exhibit surface roughness, raggedness, and peeling.

Bioactive collagen peptides treatment promoted an increase of 12% nail growth rate and a decrease of 42% in the frequency of broken nails. Additionally, 64% of participants achieved a global clinical improvement in brittle nails, and 88% of participants experienced an improvement 4 weeks post-treatment.

The majority of participants (80%) agreed that the use of Marine Collagen improved their nails' appearance, and were completely satisfied with the performance of the treatment.

This study demonstrated that the daily ingestion of BCP increased nail growth and improved brittle nails in conjunction with a notable decrease in the frequency of broken nails.



"Promoting growth and health of fingernails... significant improvement after 3 months"

Collagen dry matter and types of various tissues

Bones	90% of the organic matrix of bone; 25% collagen of the entire bone mass
Skin	70% collagen
Joint cartilage	70% collagen
Ligaments	70% collagen
Tendons	85% collagen
Fasciae	70% collagen
Muscle tissue	6% collagen

Other tissue such as:	Gastrointestinal tract, periodontium (tooth holding apparatus) Eyes, ears, nose Blood vessels, lungs Blood-brain barrier

Growing new tissue

There are special cells in our body that are responsible for Collagen formation.

Chondrocyes	Collagen formation in joint cartilage
Fibroblasts	Formation of Collagen in the skin, ligaments and tendons
Osteoblast	Formation of Collagen in the bone

Many people experience some improvement in symptoms in as little as 2 weeks. Collagen peptides are free from purines, lactose, gluten and contain no known allergens.

Collagen peptides should be given high priority in any nutritional supplemental program.

Collagen Peptides contain a high concentration of the amino acids glycine, hydroxyproline and hydroxylysine which are often low in many diets.

The stimulating effects of these collagen peptides on cell growth in skin, joints, tendons, ligaments and bones has been demonstrated in numerous scientific studies. Collagen Peptides are therefore a valuable source of essential and non-essential amino acids.

"Significantly reduces the cellulite score"

"reduces the waviness of the skin, with first results visible after 3 months, but more pronounced after 6 months"

www.ncbi.nlm.nih.gov/pmc/articles/PMC4685482/

Dietary Supplementation with Specific Collagen Peptides Has a Body Mass Index-Dependent Beneficial Effect on Cellulite Morphology

Hair Regrowth

Symptoms of Collagen Deficiency

Insufficient collagen levels may show up as the following:

- Problems with GI tract lining, including IBS and “leaky gut”
- Premature aging (wrinkles, crepey skin, sagging skin)
- Dry skin
- Brittle nails
- Cellulite
- Stiff, inflexible joints
- Joint pain
- Issues with tendons or ligaments
- Weak muscles or loss of muscle mass
- Poor Bone Mineral Density (BMD) reports
- High blood pressure (due to inflexible blood vessels)

NEXT GENERATION PHYSIOTHERAPY

Photo by Lanie Sims Photography

Robert Vander Kraats

Awarded the title of APA Sports and Exercise Physiotherapist
Qualifications:
Undergraduate degree in Physiotherapy
Masters in Sports Physiotherapy
Certificate in Integrative Medicine
Currently undertaking a research degree in the area of stroke
A board member of Spinal Cord Injuries Australia
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