



The Natural Force

# Marine Collagen Peptides Quick Start Guide

# What's So Special About Marine Collagen Peptides?

Collagen is the most abundant protein in the human body and is critical for healthy muscles, skin, bones, joints, and more.

Unfortunately, natural collagen production begins to decrease around the age of 25 and this decrease is accelerated by factors such as sun exposure, stress, and poor diet.

The good news is that daily use of high quality, bio-available collagen protein, the type found in Natural Force Marine Collagen Peptides, can provide your body with the essential building blocks it requires to rebuild and regenerate lost collagen, helping you to look and feel your best.



## We Guarantee Every Bag Is

- Packaged in a recyclable bag which uses 70% less plastic than standard plastic tubs.
- Always free of unnecessary fillers, synthetic colors, or anything artificial
- Manufactured in a cGMP (current Good Manufacturing Practice) certified facility
- Third party lab-tested for quality and purity

# Collagen Peptides: How Much Should I Take Per Day?

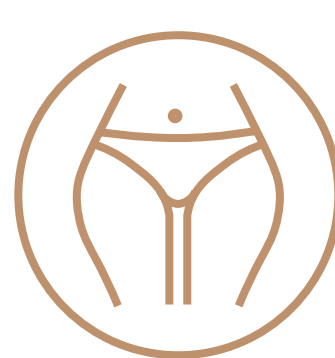
## Recommend Dosage

Here's the scoop on how much collagen protein you should take, depending on your goals and needs.



### For Skin Health

One 11 gram scoop



### For Cellulite

One 11 gram scoop



### For Lean Muscle

15 grams or 1.5 scoops



### For Bone Health

One 11 gram scoop

## Can You Take Too Much Collagen?

Marine Collagen Peptides are natural, safe, and well tolerated by most individuals. We do not recommend using more than 30 grams of collagen per day, but you won't be in trouble if you happen to take too much.

The most common side effect of taking too much collagen is mild heartburn. This side effect can be reduced by taking collagen as part of a meal or combined with other foods such as a blended coffee with MCT oil or in a smoothie.

### Pro Tip

If you add Marine Collagen Peptides to your favorite smoothie recipe, don't forget to include fresh or frozen fruits and vegetables like blueberries and spinach. The vitamin C in fruits and vegetables will help your body to better utilize the collagen protein, giving you the maximum benefit!

# Health Benefits of Marine Collagen Peptides

While our ancestors got their collagen from eating whole animals, us modern humans are chronically collagen deficient. By incorporating this dietary missing link into our daily routines, we can support the health of our skin, strengthen our hair, soothe aching joints, and reduce the appearance of cellulite.

## Glowing Skin

Clinical studies have shown that oral collagen supplementation can significantly increase skin hydration after just 8 weeks of use. Researchers concluded that just 5 grams of collagen per day can enhance skin elasticity and increase skin moisture without any negative side effects.

## Stronger Hair

Collagen proteins contain amino acids that your hair needs to build your hair's protein (keratin). This helps promote healthy hair growth and strengthens hair follicles.

## Less Achy Joints

As you age, your body produces less collagen, a vital part of keeping your joints strong and healthy. Taking a collagen supplement can help your body keep joint pain at bay and may even reduce your chances of developing joint disorders like Osteoarthritis.

## Reduce Cellulite

In a study of 105 women aged 24-50, daily collagen supplementation resulted in statistically significant improvements in thigh cellulite. Researches concluded that long term collagen use can improve cellulite and have a positive impact on skin health.





# Ways to Use Natural Force Marine Collagen Peptides



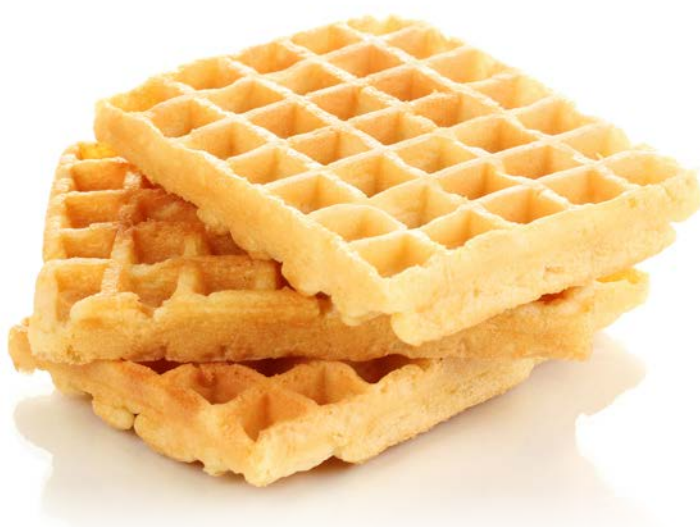
## Marine Collagen Peptides in Coffee and Tea

Stir 1 scoop of Marine Collagen Peptides into freshly brewed coffee or hot tea



## Marine Collagen Peptides in Smoothies

Add 1 scoop of Marine Collagen Peptides to your favorite smoothie or shake recipe for a boost of clean protein.



## Marine Collagen Peptides in Baked Goods

Add 1 scoop of Marine Collagen Peptides to your favorite waffle, pancake, or baking mix.



Want more information  
about Marine Collagen Peptides?

**CLICK HERE TO LEARN MORE**