



# Collagen



## WHAT IS COLLAGEN?

Collagen is the most abundant protein in the body. It provides strength and structure to not only your skin but also your muscles, bones, and connective tissues. Your body has the capability to make collagen naturally through a well-balanced diet. Vitamin C, proline, glycine, copper, and zinc are all examples of vitamins, minerals, and amino acids that help to support the production of collagen. Animal skin and ligaments are one of the richest sources of collagen.

## WHAT ARE THE BENEFITS ?

A diet containing enough collagen helps promote healthy skin, reduce wrinkles, contributes to healthy hair, nails, bones and joints. It also improves muscle recovery and cell regeneration.

### DID YOU KNOW?

The collagen-rich connective tissues make up more than a half of human body weight!

## Adding Collagen To Your Diet

Although there are supplement options for collagen, your body processes collagen better when it is obtained through food due to bioavailability.

### Collagen- Supporting Foods:

Bone Broth



Egg Whites



Citrus Fruits



Chicken



Fish

