

Revitalise Collagen ...holding you together

Revitalise Collagen is a range of food supplements containing an unparalleled blend of pure Hydrolysed Collagen, made in the UK using only the finest quality premium grade ingredients.

What is Collagen?

Collagen is a group of naturally occurring proteins found in all animals, especially in the flesh and connective tissues of mammals. It is the main component of connective tissue and is the most abundant protein in mammals, making up about 25% to 35% of the whole-body protein content. Collagen, in the form of elongated fibrils, is mostly found in fibrous tissues such as tendon, ligament and skin, and is also abundant in the cornea, cartilage, bone, blood vessels, the gut, and the intervertebral disc. Collagen constitutes one to two percent of muscle tissue, and accounts for six percent of the weight of strong, tendinous muscles. Possessing great tensile strength, collagen functions in a manner that is very different from many other types of proteins. For example, it can be found both inside and outside of cells. Collagen fibres are important in contributing to the external structure of cells. However, they are present on the inside of some cells as well. Some people refer to collagen as the glue that holds the body together. Without it, the body may well, quite literally, fall apart.

Why should I take it?

As a key component in our hair, skin, nails and connective tissue, providing them with firmness and strength, sufficient collagen levels in the body are essential to looking and feeling good. Our bodies produce collagen daily but they also break it down constantly too. As we get older our bodies lose the ability to naturally synthesise sufficient amounts of collagen and our reserves start to deplete. From their mid-20s onwards the average person loses approximately 1.5% of their collagen reserves annually, a process that accounts for many of the symptoms of the ageing process: skin loses elasticity causing fine lines and wrinkles to appear, aches and pains may develop and hair and nails may lose their strength and shine. Taking a collagen supplement on a regular basis has been found by many users to help reduce these effects of ageing.

Options

Collagen Revitalise Capsules: 400g x 90 (one month's supply at mrd*)

Collagen Revitalise Powder: 240g & 500g (17, & 35 weeks' supply respectively at mrd*)

Collagen Revitalise Joints: 60 tablets (one month's supply)

Collagen Revitalise Skin: 90 capsules (one month's supply)

(*mrd is minimum recommended dose)

Clinical Studies

For over 30 years the effects of Collagen Hydrolysate supplementation in the treatment of degenerative joint disease have been investigated. According to Dr Hans-Konrad Selbmann of the University of Tübingen. In Germany, 16 studies involving a combined total of 2000 subjects have been published on its therapeutic use so far. The general conclusion is that administering some five grams of good quality Collagen Hydrolysate daily for the duration of at least three months has a beneficial impact on pain symptoms and joint function in patients with osteoarthritis.

A randomised, double-blind study by Dr James Rippe in Massachusetts, USA is one of many studies to support these findings. The randomised, double-blind study investigated knee pain, stiffness, joint mobility, flexibility and development of strength in 190 patients with mild osteoarthritis of the knee. Over a period of 14 weeks those affected were given a daily dose of 10 grams of Collagen Hydrolysate (plus 300 milligrams of calcium and 60 milligrams of vitamin C) or placebo. Isometric and isokinetic measurements were then taken which showed a significant improvement in physical joint function in those patients who were given the Collagen Hydrolysate.

Dr Steffen Oesser of the Collagen Research Institute in Kiel, Germany is one of the foremost researchers in this field. As early as 1999 a research group led by Dr Oesser produced evidence of intestinal absorption of Collagen Hydrolysate at an average peptide size of 3.5 kDa. After absorption collagen fragments accumulated significantly and exclusively in the joint cartilage. In in-vitro experiments Dr Oesser was able to show a significant, dose-related stimulation of type II collagen synthesis in chondrocytes (the cells that make up the cellular matrix of cartilage) when Collagen Hydrolysate was added. After addition of the hydrolysate there was also a significant increase in pericellular proteoglycans (the material between cells that provides structural support to connective tissue).

In contrast, no increase in protease activity was observed. This led Dr Oesser to conclude: "These results indicate an increase in synthesis activity in the whole extracellular matrix of the cartilage. Therefore, Collagen Hydrolysate could become increasingly important, as far as nutrition for individuals with degenerative disease of cartilage tissue is concerned."

Numerous other clinical and anecdotal findings also suggest that hydrolysed collagen may be helpful in the following: promotion of lean muscle mass through the burning of fat rather than carbohydrates and proteins; toning and thickening skin; skin wound healing; joint tissue rebuilding; arterial strengthening; increased energy; organ rebuilding; alleviating osteoporosis; reducing high blood pressure, bladder weakness, chronic fatigue, shallow breathing, autoimmune, skin problems and splitting nails.

Reported Benefits (both clinical and anecdotal)

- Reduces fine lines and wrinkles
- Improves texture and tone of skin
- Improves moisture levels in skin
- Improves strength, shine and manageability of hair
- Strengthens brittle nails
- Reduces soft tissue pain and stiffness in joint movement
- Increased mobility in arthritic and stiff joints
- Accelerates recovery from wounds, soft tissue damage and injury
- May impact on ligament, tendon and cartilage regeneration

Additional Information

In monitored, clinical trials of over 2000 patients given Collagen Hydrolysate no undesirable side effects were reported.

Collagen Hydrolysate has a long history, being produced as a food product since the 1800's, and consumed in Europe since the Napoleonic wars. It is classified as a food, not a drug and no long term consumption issues are known to exist.

Athletes susceptible to joint impact injuries have been successfully treated in the USA with larger doses of 10g of Collagen Hydrolysate a day over a period of three months.

There are no known adverse effects of taking larger doses than those stated on the product label and anecdotal evidence suggests higher doses may be helpful when recovering from injury.

Following treatment with Collagen Hydrolysate, study results have specifically determined the following benefits: reduced joint pain at rest, reduced joint pain when walking and standing, reduced joint pain when carrying objects and reduced joint pain when lifting weights.

It is desirable - though not essential - to take collagen supplements before going to bed for optimum results as the human body is in repair mode during sleep.

Whilst there are no documented adverse effects of collagen supplementation during pregnancy, we do not recommend you take any supplements when pregnant.

These products are not intended to diagnose, cure or prevent any disease. You should consult with your doctor before starting any diet, exercise or supplementation programme, or before taking any medication. In the event of a specific known illness or if you have or suspect you might have a health problem advice should always be sought from your doctor.

	Revitalise Capsules	Revitalise Powder	Revitalise Joints	Revitalise Skin
Purpose	For healthy connective tissue including joints, hair, skin and nails	For healthy connective tissue including joints, hair, skin and nails	Formulated for joint health and to deliver general connective tissue benefits	Formulated for younger looking skin and to deliver general connective tissue benefits
Sizes	90 x 400mg Capsules	240g & 500g Powder	60 Tablets	90 Capsules
Ingredients	<p>400mg Collagen Hydrolysate Powder (Bovine)</p> <p>Magnesium Stearate (vegetable origin) flowing agent</p> <p>Gelatin (capsule shell)</p>	<p>Hydrolysed Collagen Powder (Bovine) No additives</p>	<p>Each 2 tabs provide:</p> <p>Glucosamine Sulphate 2Kcl 1000mg</p> <p>Collagen 200mg (Bovine)</p> <p>Chondroitin Sulphate 150mg</p> <p>Fortigel 100mg</p> <p>Vitamin C 60mg (375% RDA)</p> <p>Vitamin D 20mcg</p> <p>Vitamin E 40mg</p> <p>Vitamin B12 20mcg</p> <p>Folic Acid 400mcg</p> <p>Zinc 10mg</p> <p>Copper 1mg</p> <p>Manganese 4mg</p> <p>Selenium 120mcg</p> <p>Ginger Root Extract 16mg</p> <p>Silica 18.8mg</p>	<p>Each 3 caps provide:</p> <p>Collagen 1080mg (Bovine)</p> <p>Vitamin C 80mg (100% RDA)</p> <p>Hyaluronic Acid 50mg</p> <p>Vitamin A 800ius (100% RDA)</p> <p>Vitamin E 12mg (100% RDA)</p> <p>Zinc 10mg (100% RDA)</p> <p>Magnesium Stearate (vegetable origin) flowing agent</p> <p>Gelatin (capsule shell)</p>
Dosage & Directions	<p>Take at least three capsules daily, preferably last thing at night for best results.</p> <p><i>A higher or multiple dosage for injury or joint problems is recommended</i></p>	<p>Take at least one heaped teaspoon (approx. 2 grams) daily, mixed with yoghurt, cold drink, or water. <i>A higher or multiple dosage for injury or joint problems is recommended</i></p>	<p>Take two tablets daily, preferably last thing at night for best results.</p>	<p>Take three capsules daily, preferably last thing at night for best results</p>

- We recommend you drink about 2 litres of water daily.
- Not suitable for Vegetarians.

Also included in the range: Revitalise MSM 1000mg x 120 capsules

MSM (Methyl Sulphonyl Methane), a naturally occurring sulphur found in every cell in the human body, is indispensable to good health. It is necessary for collagen synthesis and, as an important building block in the structure of every cell in the body.

This is also an anti-oxidant that helps to clean the blood stream scavenging foreign protein and free radicals and flushing out toxins trapped in our cells. Supplementing our diets with MSM, allows the body to heal itself, simply using what it needs, and after time flushing away any excess.

MSM has been proposed as a treatment to help regulate the immune function aiding with Acne, chronic fatigue, eczema, hay fever and other pollen allergens. Positive links with lung diseases such as asthma exist. Other ailments, with recorded benefits from MSM include, arthritis, carpal tunnel syndrome, constipation, cystitis, diabetes, digestive disorders, fragile hair and nails, migraine headaches, muscle pain and cramps, parasites, skin damage and aging, and ulcers.

For best results take one to three capsules daily with food.

We recommend you drink about 2 litres of water daily.

Suitable for vegetarians.