

# COLLAGEN PLUS

## What to expect from this product:

- ♥ Smooth, beautiful, glowing skin
- ♥ Thicker, stronger, healthier hair
- ♥ Strong nails and bones
- ♥ More flexible connective tissue
- ♥ Stops receding gums
- ♥ Use with BONE BOOSTER for osteoporosis
- ♥ Use with GLA SKIN OIL for skin



## Why You Need Collagen

Over one-quarter of all the protein in the body is made up of collagen. Collagen is the protein that makes your bones, nails, teeth and hair strong. Collagen connective tissues run throughout the body and provide structure for your skeleton, tendons, cartilage and muscles, all of which support your internal organs and protect your softer tissues.

## Collagen and Skin

Collagen also plays a critical role in skin health. You have probably noticed how baby skin is so soft and smooth. Youthful skin is abundant in collagen and elastin fibers that lock in moisture and keep the skin firm. As we age, however, collagen production naturally declines—by about 1 percent a year starting in our early 20s. Women in menopause are especially susceptible to collagen deficiency. Research shows that women lose as much as 30 percent of their skin collagen in the five years following menopause. And as if that is not bad enough, skin elasticity declines 0.55 percent per year after menopause. It is the loss of collagen that causes sagging skin and wrinkles.

Women spend billions of dollars on treatments such as skin fillers, laser and Botox. More so than any expensive treatment, however, it is possible to support beautiful skin and collagen production by choosing nutrients that provide the body with the necessary building blocks such as silicic acid and biotin.

## The Silicon/Collagen Connection

Silicon is a trace mineral required by the body to make collagen. Specifically, silicon is converted into silicic acid that the body requires to manufacture collagen and elastin. Unfortunately, silicon from food, herbs and colloidal (gel) silica supplements is poorly absorbed, resulting in a lack of the building blocks required to make collagen. Collagen Plus™ contains silicic acid, which is directly used to make collagen. Within two to three months, you will notice an improvement in the smoothness of your skin and in the strength of your hair and nails.

## Collagen Plus for Stronger Bones

Collagen is part of the matrix that ensures strong bones. One in four women has osteoporosis, and hip fractures are a leading cause of disability and sometimes death. Smart women choose Collagen Plus™ as part of their healthy bone program. Receding

gums are an early indicator of osteoporosis, and dentists have reported that Collagen Plus™ stops receding gums. Weak, fragile nails are also symptoms of poor bone health. To prevent osteoporosis, take COLLAGEN PLUS™ and MULTIsmart™. MULTIsmart™ contains all the bone-building nutrients, including the right forms of calcium, magnesium and vitamin D, along with all of your vitamins and minerals. If you have osteoporosis, take COLLAGEN PLUS™, MULTIsmart™ and BONE BOOSTER™. BONE BOOSTER™ contains vitamin K2 MK-7 and vitamin D3 which are superior forms of nutrients to enhance bone health.

### The “Plus” in Collagen Plus™ Is Biotin

Like silicic acid, biotin is important for healthy hair, skin, nails and bones. Food sources of biotin include nuts, egg yolk, wheat bran, oat, barley, liver and brewer's yeast. However, the therapeutic amount of biotin required for healthy hair and nails exceeds that found in the typical diet. Topical biotin, often added to hair care products, is not as effective as biotin in capsule form. Supplemental biotin has been found to increase nail thickness and reduce splitting. Collagen Plus™ contains 50 micrograms of biotin per recommended daily dose.

### FORMULA:

#### EACH DROP CONTAINS:

Silicon (silicic acid).....	1 mg
Biotin.....	50 mcg

This product does not contain irradiated rice flour, corn, dairy, soy, wheat, yeast, or artificial preservatives, colors or sweeteners. **VEGAN-FRIENDLY GLUTEN-FREE**

### SUGGESTED USAGE:

- Mix 10 drops in a glass of juice or as directed by a health care practitioner. Take with food. Keep out of reach of children.

### Incredible face lift!

*Dear Lorna,*

*Yesterday I looked at myself in the mirror and noticed the fine lines on my forehead had softened quite noticeably. I did a double-take as I thought I was imagining this; went back and checked again a few times and they are definitely not as deep. I've had these lines since I was in my early twenties and no face cream or internal supplement has made this sort of improvement on my skin. I can only attribute this change to the fact that I've been taking Lorna's new COLLAGEN PLUS now for two weeks. I started the night of her visit to our Kamloops store after listening to the presentation. I have often marveled at how your skin glows Lorna and I think I know why now—it's the internal collagen supplementation. I hope that this will improve and soften the deeper smile lines I have around my mouth and eyes over time. I truly believe it has to be this product improving my skin as I haven't done any major diet changes. Thank you for your advice and great products! – KM, BC*