



# LifeFit Collagen

## Frequently Asked Questions

### 1. How often to drink? ∨

Suggested to consume 1-2 sachets daily.

### 2. How to consume? Can add into hot drinks ? Cold drinks or foods? ∨

LifeFit Collagen can be consumed directly or taken with warm or cold water. Not recommended for hot drinks, It can also be taken with foods.

### 3. Can we eat on an empty stomach? Must we eat after meals? Is there a specified time? ∨

Yes, but it is recommended to take it after meals for better absorption. There is no specific time.

### 4. Can pregnant women eat LifeFit Collagen? What about lactating women? ∨

Yes. For special circumstances it is recommended to ask the attending doctor first.

### 5. Can children drink or direct consume? At what age should children start taking it? ∨

All can consume. For young children who cannot swallow directly, it is recommended to take it with water. It is recommended to start taking it at 4-5 years old.

## 6. Diabetes or cancer patients can drink? Is it too sweet?



They can all consume to absorb nutrients to help fight the disease. The sweetness is extracted from natural fruits and vegetables, without any added sugar that will increase blood sugar. If you are taking any medication, it is recommended to wait 2 hours before taking LifeFit Collagen. If you are undergoing any chemotherapy procedures, please check with your attending physician first.

## 7. Suitable for vegetarians? Muslims?



LifeFit Collagen's collagen is extracted from chicken and fish and is not suitable for vegetarians. The products are manufactured at JAKIM certified manufacturers and are safe for Muslims to consume.

## 8. Are the ingredients safe, tested and studied?



Yes, the ingredients of LifeFit Collagen have passed many medical certifications and are produced with patented technology under strict control to ensure product effectiveness.

## 9. What about the production quality?



The products are manufactured by manufacturers with international licenses, so you can consume with confidence in terms of quality.

## 10. Consume for how long before can see results?



Based on scientific research, it is recommended to take it for a minimum of 3 months. A normal healthy person may see results in a month.

## 11. What type of fish is used for collagen peptide?



Tilapia from CHINA. The extracted particles are smaller in size and easier to absorb.

## 12. Why are they sediments? Why cannot fully dissolve in water?



LifeFit Collagen contains Acujoint™ ingredients. Because the ingredients are oil-soluble and water-oil soluble, not all cannot be completely dissolved in water, but PNS patented technology can ensure that the effects can be absorbed by the body.

**13. Why is the drink yellowish color? Added any colour?**



The product does not have any coloring added, and the light yellow color comes from the turmeric ingredient of Acujoint™.

**14. Why add erythritol sweetener?**



The product contains extracts of various plant ingredients. In order to make it easier for users to take it, we have chosen natural sweeteners from fruits and vegetables, which will not put any additional burden on the body.

**15. Can get diarrhea if excess consumption?**



No, there are no laxatives or high-fiber ingredients added to the product. LifeFit Collagen contains prebiotic ingredients, which may increase bowel movements for people with sensitive intestinal tracts.

**16. How many ml of water is effective from 1 sachet?**



There is no limit, just make sure you drink the amount of water you brew.

**17. When is it most effective time to take?**



It can be taken at any time, but it is recommended to take it after meals.

**18. How many sachets can be eat at most a day?**



It is recommended to take 1-2 sachets, if necessary, you can take 3-4 sachets.

**19. Can I use iron utensils to stir?**



Can.

**20. Can it be taken with calcium?**



Yes, calcium is also a nutrient needed by the bones and joints of the body. Taking it together with LifeFit Collagen will have a better effect on bones.

## 21. Can bone cancer patients eat it?

Can. LifeFit Collagen can help patients supplement their daily nutritional needs to fight the disease, but it cannot directly cure bone cancer.

## 22. Does Collagen help with hand numbness?

LifeFit Collagen can help with hand numbness caused by poor blood circulation. If it is caused by other factors such as nerve problems, it is recommended that patients consult their doctor for targeted drug treatment.

## 23. Omniconnect's health products such as LifeFit Plus and LifeFit Collagen all contain Vitamin C. If we consume so many products in a day, wouldn't so much Vitamin C have impact or reaction on our bodies?

There is no need to worry. The Vitamin C in the product is a safe dose that the body needs. If taken together with our other products, the water-soluble Vitamin C can be naturally excreted by the body and will not accumulate in our body nor cause any burden.

## 24. Colla2gen extracted from chicken bones or collagen peptides derived from fish, which one has more?

In LifeFit Collagen, the collagen peptides from tilapia are 3% more than Colla2gen from chicken sternal cartilage.

## 25. What is the difference between LifeFit Plus and LifeFit Collagen in helping the body's immune system?

**LifeFit Plus:** Boost your immune system to protect against outside invaders (virus/bacteria etc)

**LifeFit Collagen:** Regulates the immune system to prevent from attacking own healthy cells

Improper work and rest, excessive fatigue, alcoholism or allergies can greatly affect our immune system and cause disorders. It may even cause the immune system to fight or reject our own organs or tissues. For example, arthritis problems may be caused by the immune system imbalance. LifeFit Collagen can help us reduce and regulate our immune system problems and replenish lost collagen to improve the painful symptoms of joint inflammation.



## 26. Can LifeFit Collagen help whiten my skin?

The product is mainly aimed at the overall health of bones, joints and skin. It can help improve skin structure such as wrinkles. Long-term use can help regulate blemishes and uneven skin tone.

## 27. Where does LifeFit Collagen's chicken bone extraction come from?

Colla2gen - chicken sternal cartilage  
FROM: MALAYSIA

Collagen Peptide - Tilapia fish  
FROM: CHINA