

LifeFit Collagen

TRIPLE COLLAGEN FORMULA



for healthy skin, joints and bones





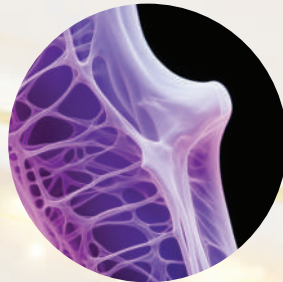
LifeFit Collagen

- Colla2gen™
- Acujoint™
- Collagen peptide
- Peach juice powder
- Inulin
Chicory root powder
- Coenzyme Q10
- Multivitamins
- Ascorbic Acid

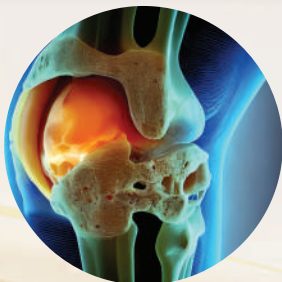
Why do we need a collagen supplement?

Collagen is a protein that helps maintain the elasticity and structure of the skin, bones, muscles, heart arteries and blood vessels.

Scientists have identified a total of 29 varieties of collagen in our body, including these 3 main types:

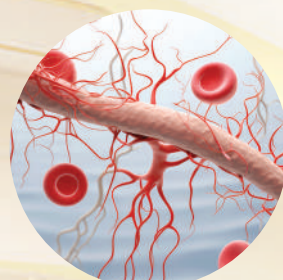


Skin, bones, ligaments, and tendons



Cartilage and joints

Internal organs (heart), blood vessels, and muscles





Wrinkles and loss of skin elasticity

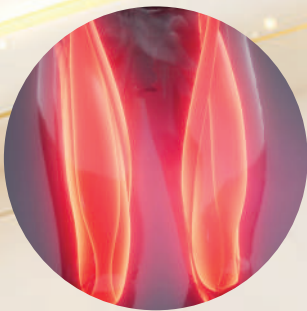


Hollow cheeks



Brittle hair and nails

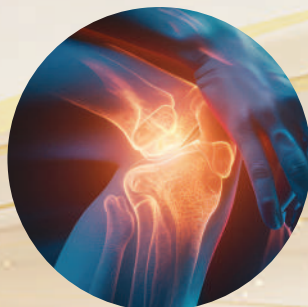
12 common collagen deficiency symptoms



Muscle loss and aching



Osteoporosis and Osteoarthritis



Joint pain



Cellulite



Poor circulation



High blood pressure

12 common collagen deficiency symptoms



Gastrointestinal issues

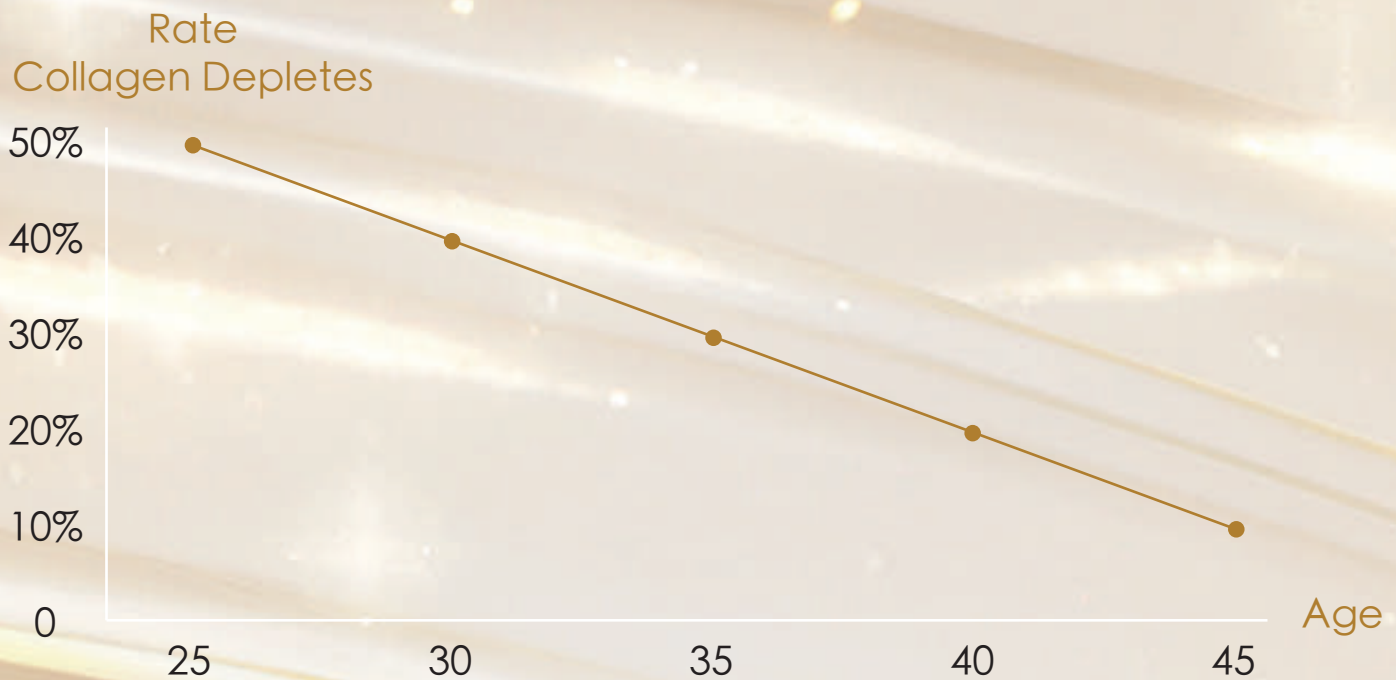


Minor organ prolapse



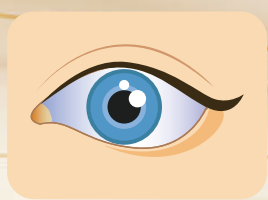
Slow recovery time after injury

Why do we need a collagen supplement?

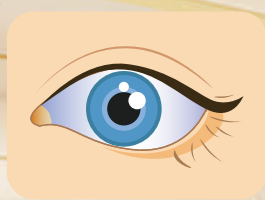


Our skin is 75% collagen, but after the age of 25, collagen synthesis decreases at a rate of 1.5% per year and after the age of 40, our collagen level may have dropped more than 40%.

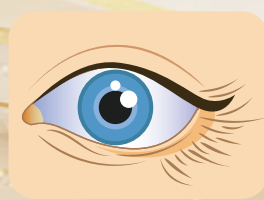
COLLAGEN



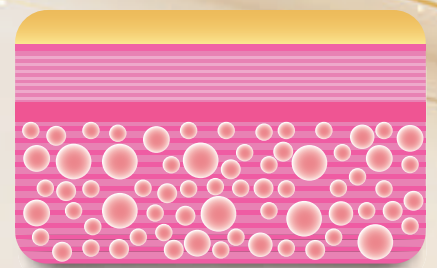
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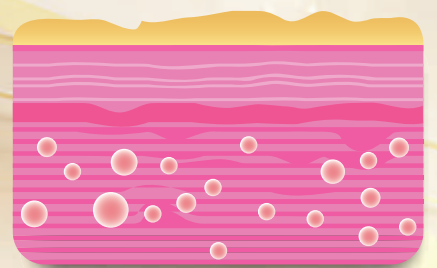
50%



20%



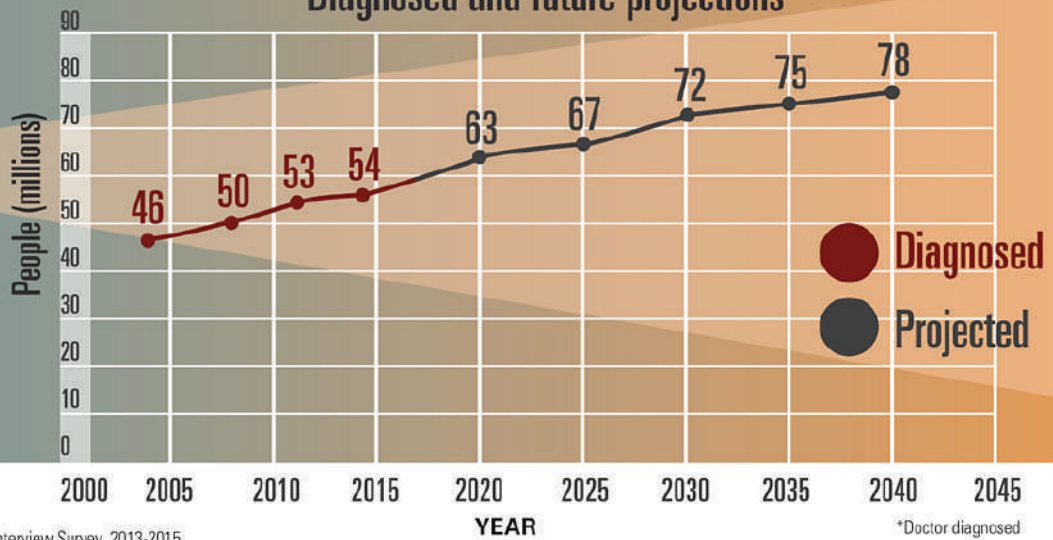
YOUNGER SKIN



OLDER SKIN

ARTHRITIS will INCREASE as the population grows and ages

Diagnosed and future projections*



SOURCE: National Health Interview Survey, 2013-2015

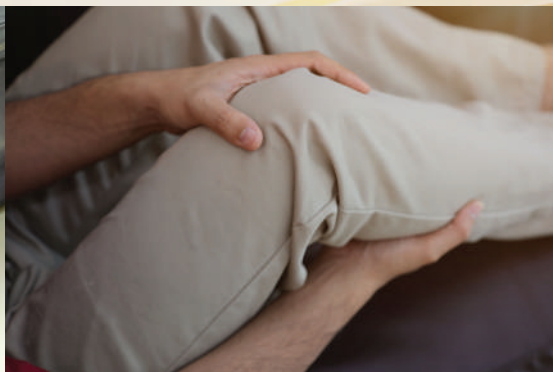
*Doctor diagnosed



By new estimates, 1 in 3 people ages 18 - 64 have arthritis

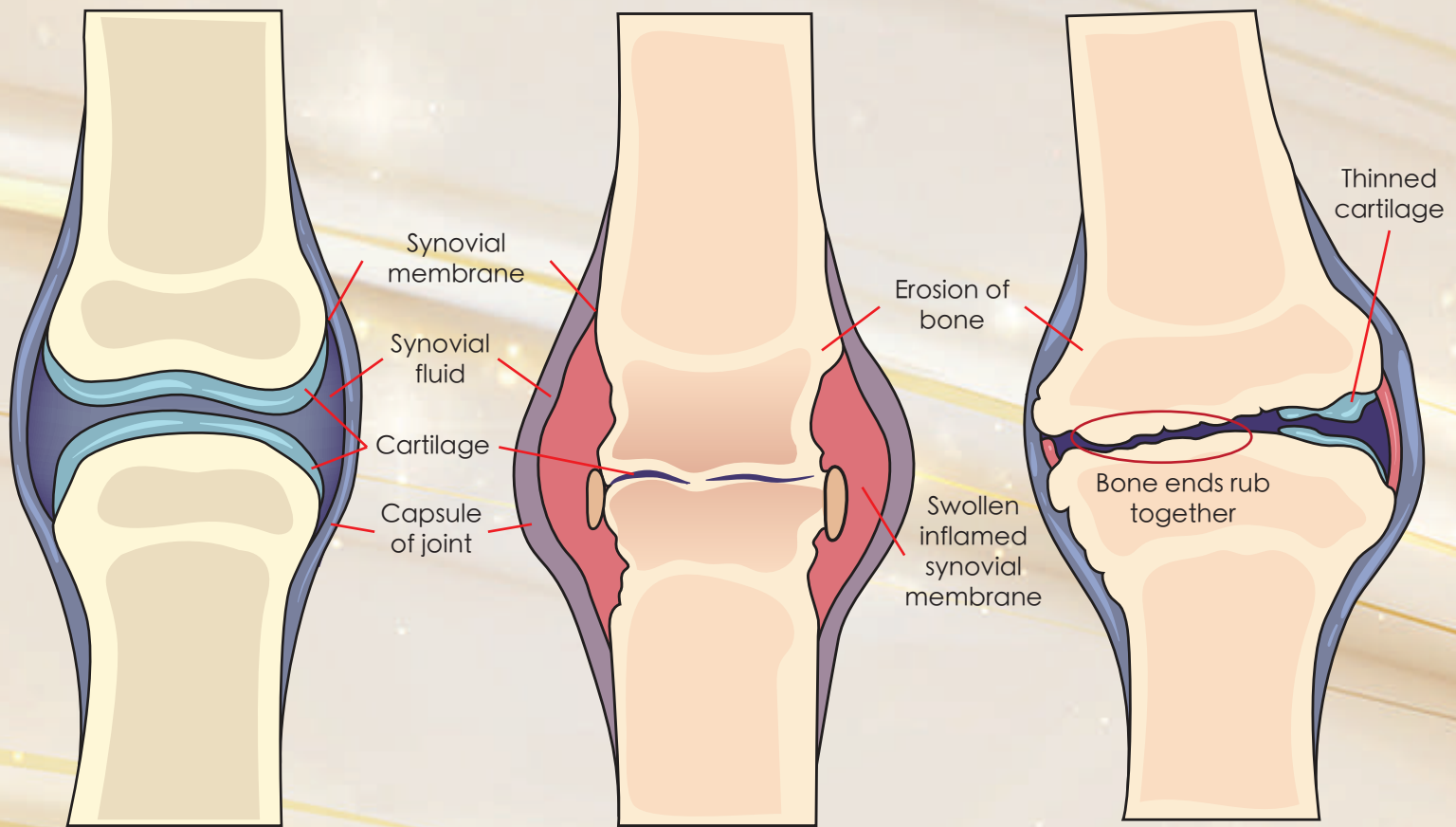


Aged 65+ experience joint pain



What is arthritis ?

It is the swelling and tenderness of one or more of the joints cause by inflammation, wear and tear



Healthy Joint

Rheumatoid Arthritis

Osteoarthritis

Wear and tear of joints - causes Osteoarthritis
Autoimmune disorder - causes Rheumatoid Arthritis

How is

Colla2Gen



effective for joint and skin health

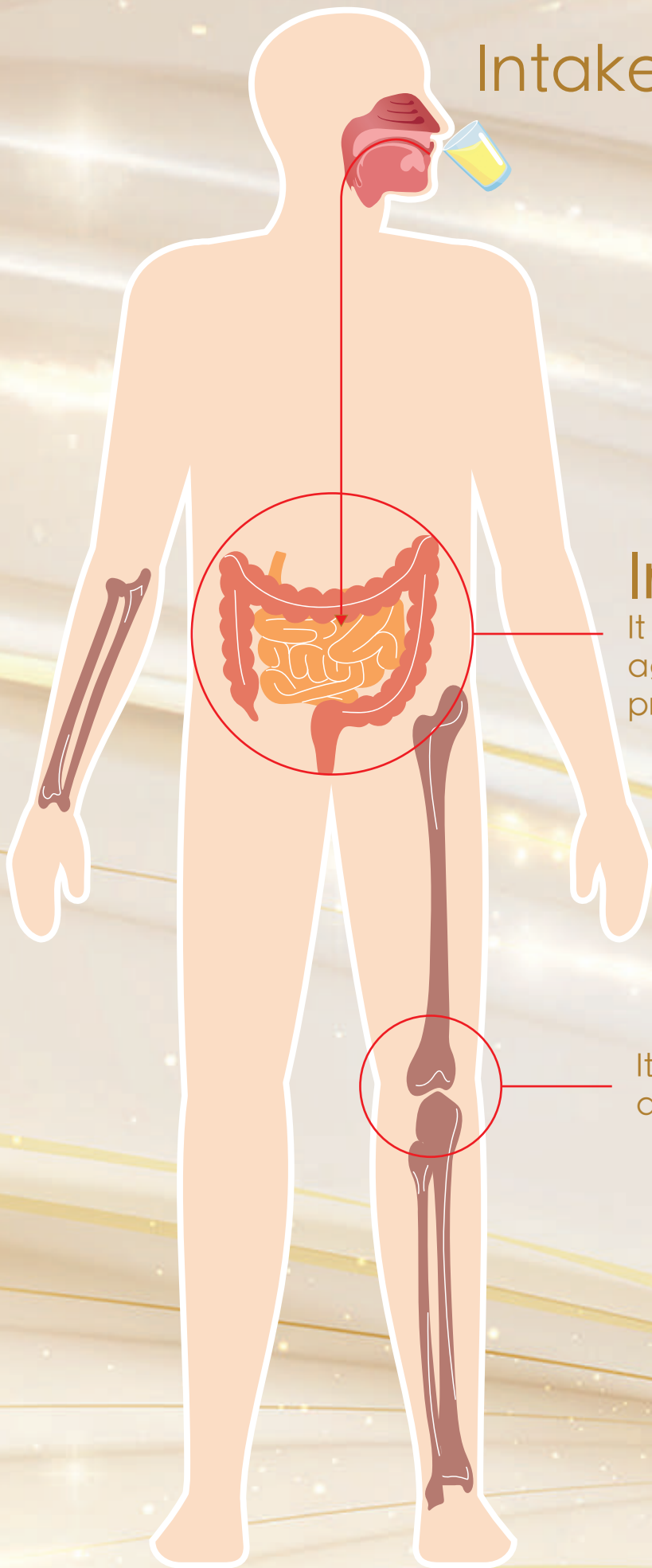
Only a small dose of undenatured collagen works by inducing a process known as oral tolerance that ultimately engages the immune system in the repair of its own joint cartilage and skin.

Colla2gen is a native type II collagen designed to work by oral tolerance.

When you take oral type II collagen in its native, undenatured state, it does not get absorbed by the body but instead remains intact until it reaches your *small intestine*.

Collagen Molecule Size: >3000 Daltons

Intake of Colla 2 Gen



In the intestines :
It turns off the immune response against endogenous type II collagen, preventing it from breaking down

It reduces joint inflammation and cartilage degradation

Induce Oral Tolerance

Many studies including in vitro study, support the mechanism of

Colla²Gen

an undenatured collagen and demonstrate its efficacy in joint and skin health.



Before

After

- ✓ Improve and treat arthritis symptoms
- ✓ Anti-inflammatory
- ✓ Increase the bone mineral density, elasticity and strength
- ✓ Improve bone biomechanics and benefit postmenopausal osteoporosis
- ✓ Promote the bone metabolism - growth, tissue repair and reconstruction
- ✓ Increase osteocalcin level

Type II collagen oral tolerance; mechanism and role in collagen-induced arthritis and rheumatoid arthritis

Kyung-Su Park¹, Min-Jung Park, Mi-La Cho, Seung-Ki Kwok, Ji Hyeon Ju, Hyeok-Jae Ko, Sung-Hwan Park, Ho-Youn Kim

Chicken type II collagen induced immune balance of main subtype of helper T cells in mesenteric lymph node lymphocytes in rats with collagen-induced arthritis

Tong Tong¹, Wei Zhao, Ying-Qi Wu, Yan Chang, Qing-Tong Wang, Ling-Ling Zhang, Wei Wei

IL-10 overexpression differentially affects cartilage matrix gene expression in response to TNF-alpha in human articular chondrocytes in vitro

R D Müller¹, T John, B Kohl, A Oberholzer, T Gust, A Hostmann, M Hellmuth, D Laface, B Hutchins, G Laube, R W Veh, S K Tschöke, W Ertel, G Schulze-Tanzil

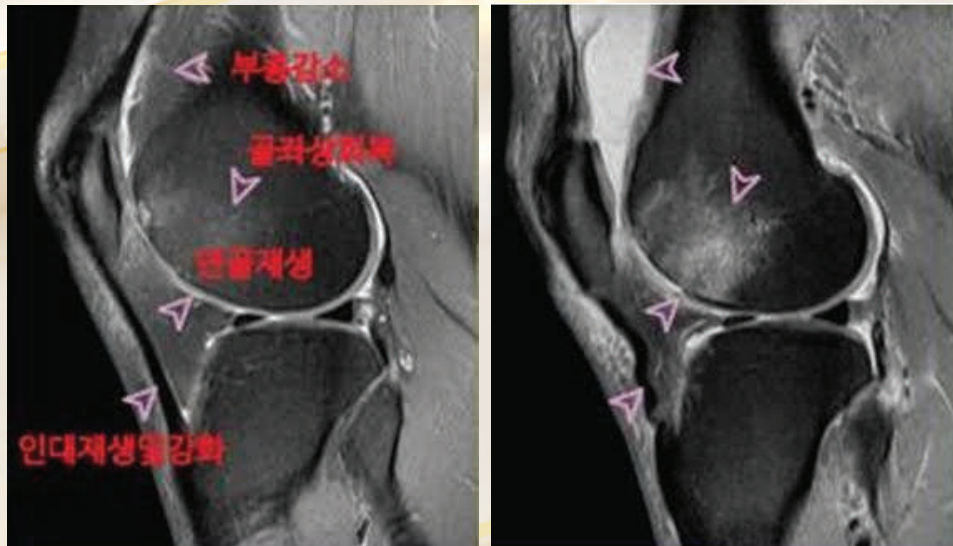
Type 1 regulatory T cells specific for collagen type II as an efficient cell-based therapy in arthritis

Helène Asnagli, Delphine Martire, Nathalie Belmonte, Julie Quentin, Hervé Bastian, Mathilde Boucard-Jourd'ri, Papa Babacar Fall, Anne-Laure Mausset-Bonnelont, Amélie Mantello-Moreau, Sandrine Rouquier, Irène Marchetti, Christian Jørgensen, Arnaud Fousat, Pascale Louis-Plesce

Suppression of type II collagen-induced arthritis by intragastric administration of soluble type II collagen

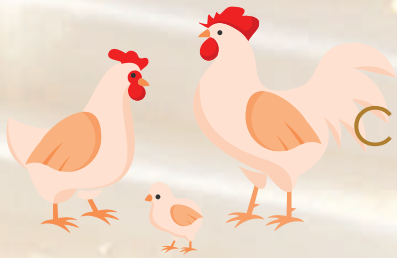
C Nagler-Anderson, LA Bober, M E Robinson, G W Siskind, G J Thorbecke

NMR test results recorded 3 months: Before and After

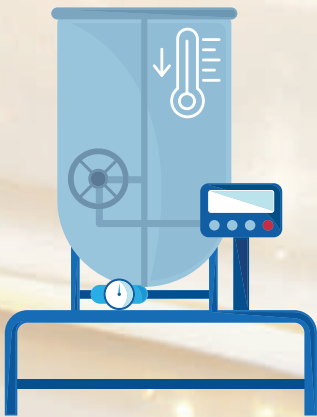


- In Vitro Study : Anti-inflammatory effect of undenatured collagen type II. A collaboration study conducted in Korea, 2015.
- Joint Study with Tongji Medical College of China (Chinese Journal of Public Health, April 2006)
- Tongji Medical College of China, American Journal of Translational Research, June 2018
- Tongji Medical College of China, American Journal of Translational Research, August 2018

Colla2gen is a native form of collagen that is not being broken down



Chicken Sternal Cartilage



Low Temperature Patent
Extraction Technology



Complete Triple Stranded
Helix Molecular Structure



Undenatured Type II Collagen



Colla2Gen

Comparison

Undenatured Collagen

100%
Chicken sternal cartilage

Source

Low temperature
extraction technology
(Patented)

Manufacturing Process

Native form:
Triple-stranded
helix structure

Molecular
Structure

Maintenance of cartilage,
tendons and ligaments

Targeted
Functions

Immune-mediated process

Mechanism
Of Action

Low (in mg)

Effective dose

Hydrolyzed Collagen

Chicken cartilage

Bio-enzyme hydrolysis

Denatured:
Peptides or amino acids

Maintenance of cartilage,
tendons and ligaments

Anabolic process

High (in g)



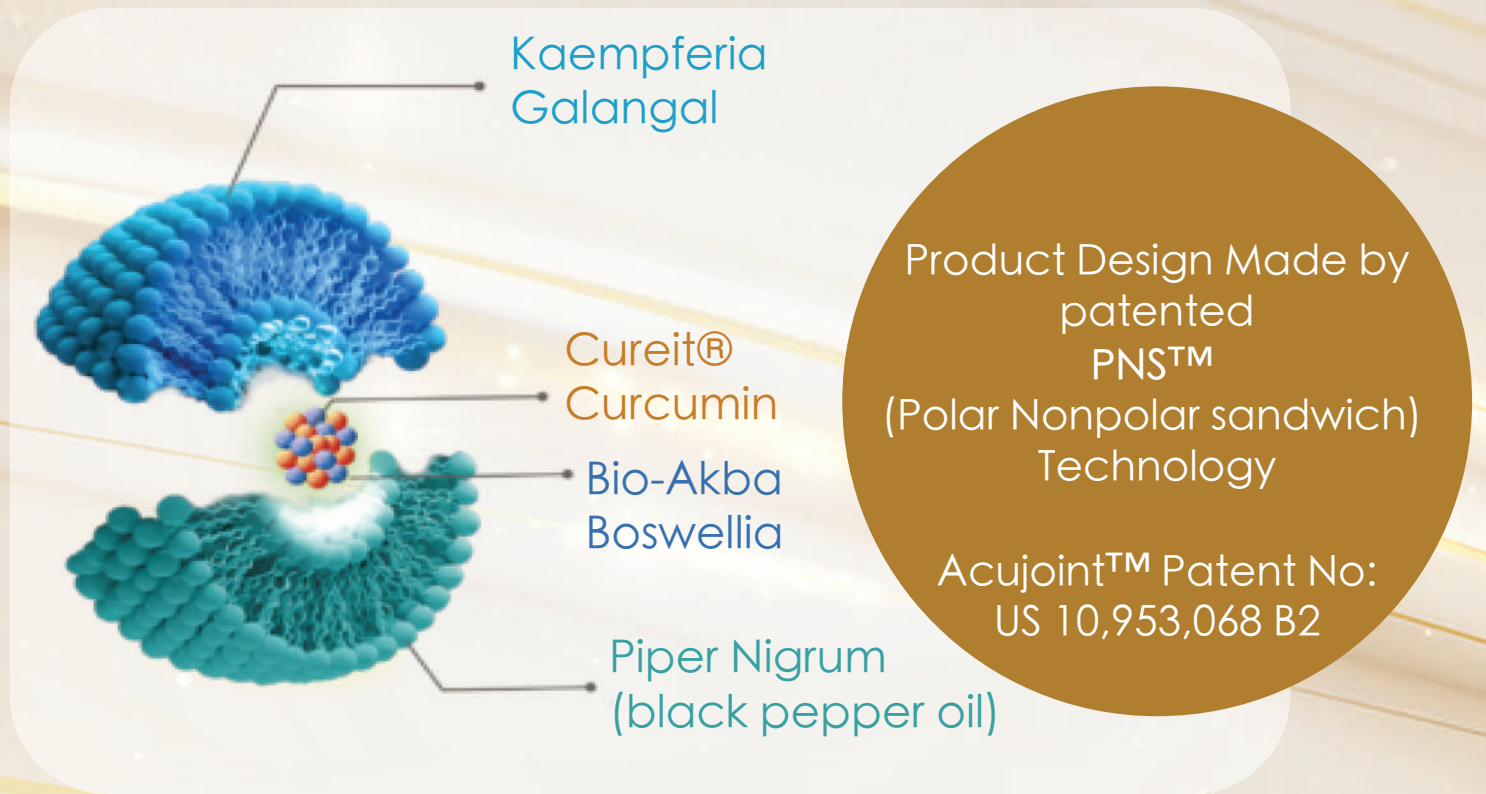
Colla 2 Gen

INNOVATIVE INGREDIENTS IN

acū[®]
joint
HEALTHY JOINTS

is a complex of the botanicals curcumin, boswellia (frankincense), piper nigrum (black pepper) oil and kaempferia galangal extract, encapsulated inside a natural matrix using Polar-Nonpolar-Sandwich (PNS) Technology.

The high bioefficacy of Acujoint™ is an Innovative solution for Joint Health



Acujoint™

clinically proven in human volunteers, compared with efficacy of glucosamine chondroitin standard, can:

- Inhibits the production of inflammatory cytokines in Osteoarthritis
- Rejuvenates joint cartilage
- Prevents the degradation of cartilage
- Works as an antioxidant in preventing inflammations
- Lowers the progression of arthritis and provides substantial relief to the pain
- Prevents wearing of bone tissue
- Supports musculoskeletal (Joints, Muscles, Bones) health

1. Kaempferia Galangal:

(Anti-inflammatory & Antioxidant)

The Kaempferia Galanga rhizome extracts are used for the treatment of inflammation, swelling, cytotoxic, antihypertensive, hypolipidemic effect.



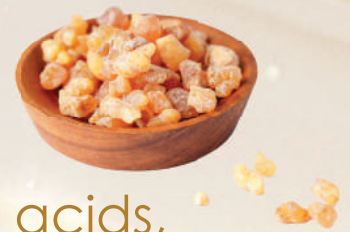
2. Cureit®:

Cureit® curcumin is effective in supporting immune boosting, musculoskeletal health, cell protective effect, neuroprotective effect. The bioavailability of turmeric in Acujoint formulation is 10 fold higher compared to normal curcumin by 95%.



3. Bio-AKBA (Boswellia Serrata Extract):

(Anti Inflammatory & Analgesic) Boswellic acids, the main active ingredients of Boswellia serrata extracts has potent anti-inflammatory properties for controlling rheumatoid arthritis, osteoarthritis, chronic colitis, ulcerative colitis, bronchial asthma, inflammatory diseases.



4. Piper Nigrum Oil (Black Pepper Oil) :

Anti-inflammatory & Analgesic

Cannabinoid receptor 2 (CB2) is a natural compound found in black pepper exerts analgesic effects.

People with osteoarthritis would experience a reduction in pain with this formulation.



Collagen Peptide (Tilapia Fish)



Collagen peptides are proven for improved skin health and reduced joint pain. They prevent bone loss, increase muscle mass, support digestion and heart health. Fish collagen peptides have the best absorption and bioavailability due to their smaller particle size.

Collagen Molecule Size: >3000 Daltons



Nutrition Research
Volume 57, September 2018, Pages 97-108



Daily oral supplementation with collagen peptides combined with vitamins and other bioactive compounds improves skin elasticity and has a beneficial effect on joint and general wellbeing

Anna Czajka^{a,1}, Ewa M. Kania^{a,1}, Licia Genovese^a, Andrea Corbo^b, Giovanni Merone^c, Cecilia Luci^c, Sara Sibilla^a

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<https://doi.org/10.1016/j.nutres.2018.06.001>

HEALTHY AGEING



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Collagen peptides improve knee osteoarthritis in elderly women
A 6-month randomized, double-blind, placebo-controlled study

KEYWORDS: Collagen peptides, osteoarthritis, joint pain, healthy ageing, nutraceutical

Abstract As the global population gets older, joint-related health concerns are increasingly common, such as osteoarthritis causing pain and reducing mobility. Collagen peptides have been proposed as nutraceuticals to improve joint health in patients with osteoarthritis. We performed a prospective, randomized, double-blind, placebo-controlled study in elderly women with mild to moderate knee osteoarthritis and showed that the oral intake of collagen peptides (Peptan®) for a duration of 6 months significantly reduces joint pain and improves physical mobility as assessed by two well-established scoring systems (WOMAC and Lysholm score). This study confirms that collagen peptides are a highly efficient nutraceutical to improve joint health which can help to maintain an active lifestyle throughout ageing.

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Skin Pharmacol Physiol: 口服胶原蛋白肽可增加皮肤角质层内天然保湿因子的水平, 从而改善皮肤含水量

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皮肤屏障 胶原蛋白肽 最新指南免费下载

Skin Pharmacology and Physiology

Research Article

Skin Pharmacol Physiol 2021;34:115-127
DOI: 10.1159/000513988

Received: February 20, 2020
Accepted: December 22, 2020
Published online: March 26, 2021

Oral Supplementation of Collagen Peptides Improves Skin Hydration by Increasing the Natural Moisturizing Factor Content in the Stratum Corneum: A Randomized, Double-Blind, Placebo-Controlled Clinical Trial

Miho Miyanaga Taro Uchiyama Akira Motoyama Nobuhiko Ochiai Osamu Ueda Masashi Ogo



研究纳入99名35-50岁的健康日本妇女, 随机分为3组 (33人/组), 每天接受1或5克CP或安慰剂, 为期12周。The study included 99 healthy Japanese women aged 35-50 years old, who were randomly divided in to 3 groups (33 people/group) and received 1 or 5 grams of CP or placebo every day for 12 weeks.



Source:
Skin Pharmacology Physiology.
2021;34(3):115-127.
doi: 10.1159/000513988.
Epub 2021 Mar 26.
PMID: 33774639.



Peach Extract

Peaches are high in fibre, vitamins, and minerals. They also contain beneficial plant compounds like antioxidants, which can help protect our body from aging and disease.

- ✓ Packed with nutrients and antioxidants
- ✓ Aid digestion
- ✓ Improve heart health
- ✓ Protect skin
- ✓ Prevent certain types of cancer
- ✓ Reduce allergy symptoms
- ✓ Boost immunity
- ✓ Prevent against certain toxins
- ✓ Reduce blood sugar levels

Inulin (Chicory Root)

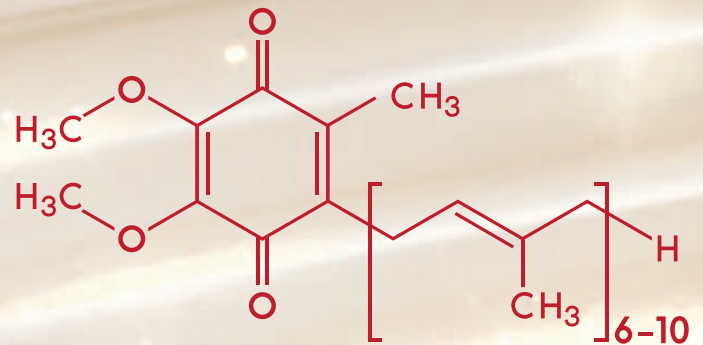
Inulin (Chicory root powder) is a type of prebiotic.

Chicory root powder may:



- ✓ Help fight inflammatory arthritis
- ✓ Boost digestive health
- ✓ Improve skin barrier function
- ✓ Aid detoxification
- ✓ Aid diabetes treatment
- ✓ Aid stay slim

COENZYME Q10 (CoQ10)



Coenzyme Q10

Our cells use CoQ10 for growth and maintenance. Levels of CoQ10 in our body decrease as we age.



- ✓ Promotes bone cell proliferation
- ✓ Protects against osteoporosis due to ovariectomy and menopause
- ✓ Helps skin repair and regenerate
- ✓ Helps body produce collagen

23 health benefits of CoQ10 based on science

1. May help treat migraine headaches
2. May improve brain function
3. May prevent Alzheimer's disease and parkinson's disease
4. May lower blood pressure
5. May improve insulin sensitivity
6. May prevent heart failure and other heart disorders
7. May improve fertility problems
8. Good for pregnancy
9. May help treat periodontal disease
10. May lessen the skin damage caused by sun
11. May prevent skin cancer
12. Good for lung health
13. May improve exercise performance
14. May help prevent the adverse effects of taking statin-type cholesterol drugs
15. May reduce fibromyalgia symptoms
16. Protects from oxidative stress and DNA damage
17. May help treat mitochondrial disorders
18. May decrease the inflammation in people with atherosclerosis
19. May decrease oxidative stress in people with huntington's disease
20. May slow the progression of friedreich's ataxia
21. May prevent premature aging
22. May repair DNA damage in down's syndrome
23. May prevent myeloma, breast cancer, prostate cancer, and lung cancer

Multivitamins for a healthy life

Multivitamins, a combination of different vitamins and minerals present in food sources

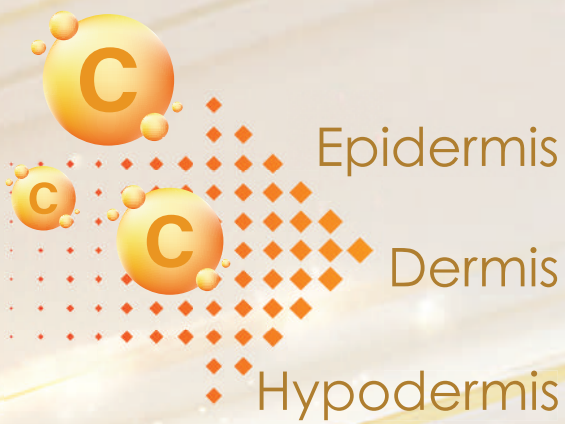
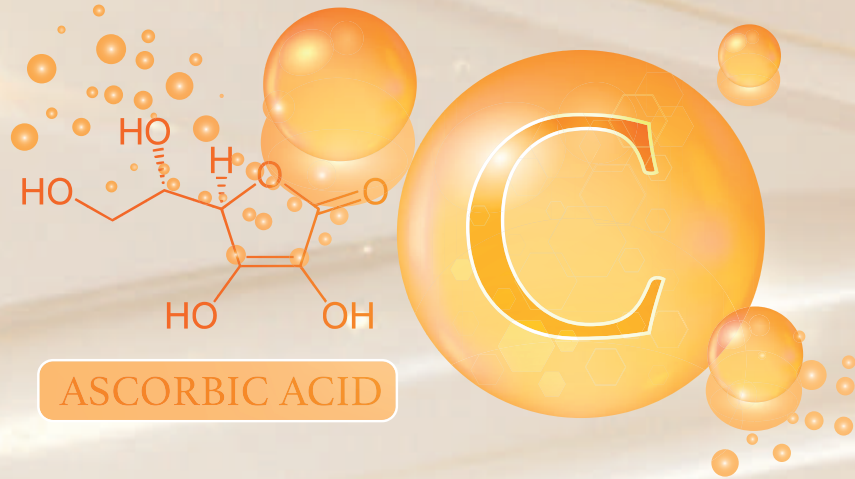
- ✓ Increases Energy Levels
- ✓ Boosts the Immune System
- ✓ Keeps Heart Healthy
- ✓ Supports Eye Health
- ✓ Maintains Muscle Strength
- ✓ Reduces Cancer Risk
- ✓ Improves Brain Function
- ✓ Reduces Stress and Depression
- ✓ Good for Healthy Skin and Hair.

Multivitamins can boost our health by making up for nutritional gaps to fulfil our daily demands of nutrition of vitamins and minerals.

- | | |
|--------------|---------------|
| ✓ Vitamin A | ✓ Vitamin B6 |
| ✓ Vitamin B1 | ✓ Vitamin B12 |
| ✓ Vitamin B2 | ✓ Vitamin C |
| ✓ Vitamin B3 | ✓ Vitamin D3 |
| ✓ Vitamin B5 | ✓ Vitamin E |
| ✓ D-Biotin | ✓ Folic Acid |

Ascorbic Acid

Ascorbic Acid or Vitamin C is essential for collagen synthesis and acts together with collagen to support healthy tissues. Taking collagen and vitamin C together can improve skin health, hair and nails, joint health, athletic performance, and overall health and wellness.



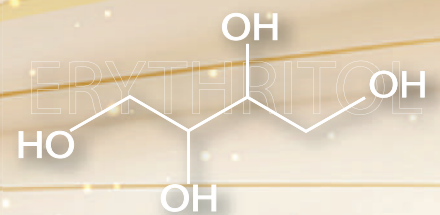
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<https://pubmed.ncbi.nlm.nih.gov/27852613/>

Erythritol is a type of carbohydrate called a sugar alcohol with zero calories. It is used to add sweetness to food, and it occurs naturally in a variety of fruits and vegetables.

It is only about 60-80 percent as sweet.

Erythritol



Erythritol has no effect on either blood sugar or insulin levels, a useful ingredient for those with diabetes or people on a weight loss plan.

Benefits of LifeFit Collagen Triple Collagen Formulation



Cartilage Health

- ✔ Stimulates cartilage growth, especially on the knees
- ✔ Relieves joint pain
- ✔ Prevents bone loss
- ✔ Repairs joints
- ✔ Give bones more structure and strength
- ✔ Boosts muscle mass
- ✔ Strengthens teeth and nails
- ✔ Maintain the elasticity and structure heart arteries and blood vessels

- ✔ Hydrates your skin and improve elasticity
- ✔ Reduces fine lines and wrinkle
- ✔ Reduces dark spot and pigmentation
- ✔ Reduces cellulite/stretch



Skin Health

Gut Health



- ✔ Supports detoxification and a healthier gut lining
- ✔ Helps gut to remain impermeable

Hair Health

- ✔ Promotes hair grow and reduce hair fall



Boosts Metabolism

- ✔ Faster metabolism to aid weight loss





Triple Collagen Formulation for healthy skin, joints and bones



Boosting collagen production in our body can help maintain skin elasticity and youthful appearance, as well as flexible joints and healthy bones.

A healthy lifestyle may contribute to healthy skin and joints.

