

# MARINE COLLAGEN



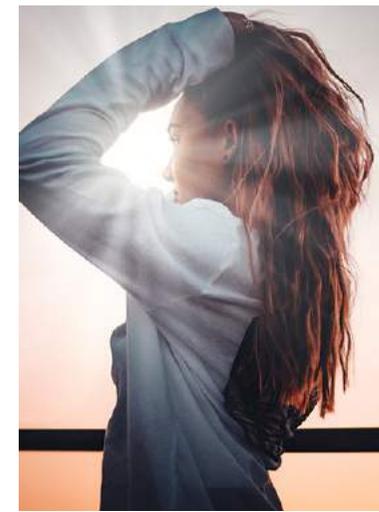
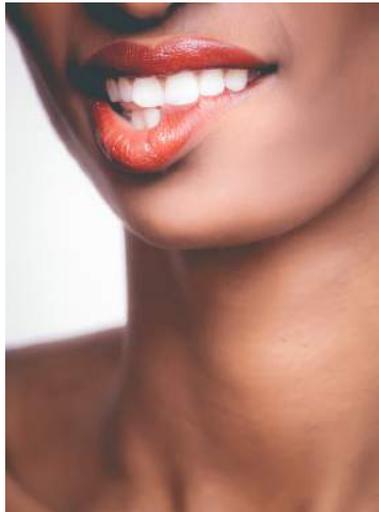
KIKI HEAL+H

# THE HOTTEST BEAUTY TREND ON THE MARKET

## WELCOME TO MARINE COLLAGEN

As a society, we are growing increasingly health-conscious, so it stands to reason that we are desperately keen to look after our internal organs. In the midst of watching our cholesterol and blood pressure to maintain a healthy heart and liver, however, we shouldn't neglect the biggest organ of all – our skin.

Collagen is a structural component for the formation of skin, gums, teeth, bones, tendons, cartilage and blood vessels.



As we age, our skin ages with us as collagen's, the essential proteins housed below our flesh that makeup 75% of our skin, struggle to maintain their steady rate of renewal.

Think of collagen as the cement that holds the bricks of our skin together. Just like ageing or substandard adhesive could cause the blocks of a building to crumble and detach, the same happens to our skin as collagens decline in abundance and effectiveness.

This is why we develop wrinkles, crow's feet and other unsightly blemishes as we advance in years.

The body creates collagen naturally, but this rate of production drops at a rate of roughly 1% per year, with female bodies producing less than their male counterparts as a general rule.

By the time we reach middle age, our bodies are only half as effective at combating wrinkles as in our younger years – while collagen is also hugely important in maintaining healthy hair, nails and joints.

Fortunately, help is at hand without resorting to the artificial lifts provided by a surgeon's knife or Botox.

Collagen supplements are a recommended part of anybody's daily routine.

Collagen supplements, alongside vitamin C – the building blocks of the body's protein needs, help keep your skin smooth and wrinkle-free, as well as easing the pressure of inflammation on the joints located throughout your body.

## PREVENTION BETTER THAN CURE

With prevention being better than cure, some studies recommend that we should start taking collagen supplements as early as the age of 20, as this is when the body begins to slow down its natural production of the protein.

There is no hard and fast rule as to when it becomes essential, and many people only begin to really ingest extra collagen when they notice wrinkles or joint pain, but there is no harm in starting early.

### Benefits of Collagen

- Helps increase collagen production
- Support healthy skin structure
- Strengthen skin and improve elasticity and hydration meaning fewer wrinkles and dry skin
- Promotes strong, supple joints, to aid the prevention of rheumatoid arthritis or osteoporosis
- Fully digestible, gentle on the gut
- Excellent absorption and bioavailability due to smallest particle size and lowest molecular weight among all collagen types
- Collagen as a protein contributes to the maintenance and growth of the muscle mass and normal bones

## BOVINE COLLAGEN VS MARINE COLLAGEN

You may think that all collagen is the same, but that isn't the case.

Bovine collagen is made up of the bones, skin and muscles of cattle and is the most similar to the type of collagen our bodies produce themselves naturally. However, due to its complex amino acid chains, it can be difficult for our bodies to digest.

Marine collagen is created from discarded fish bones and scales. Marine collagen is similar to bovine collagen in that both are rich in proline and glycine: amino acids with a multitude of uses. It is used from repairing skin damaged by the sun to combatting tired looking skin.

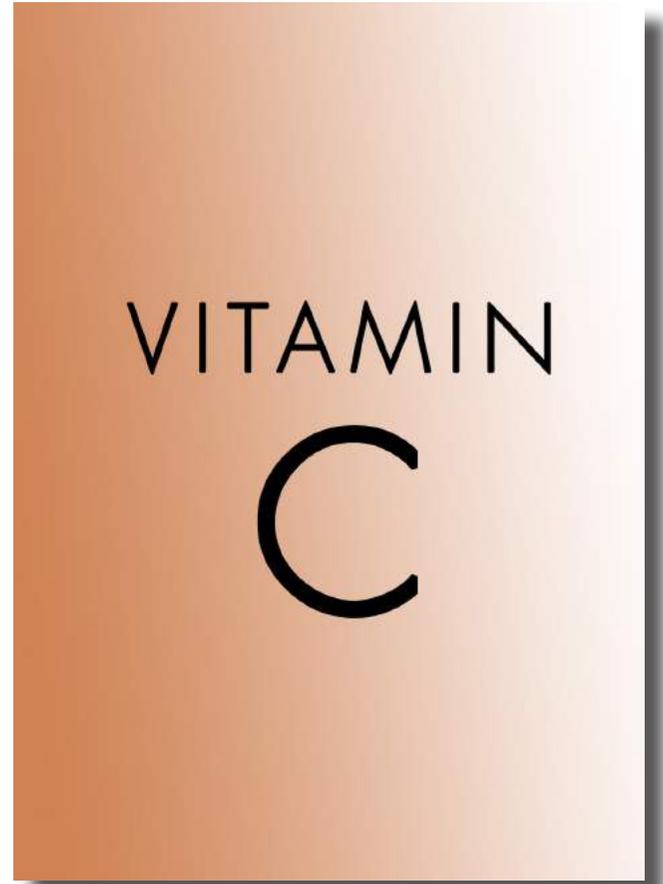
However, that is where the similarities end.

Marine collagen pips its competitors by being easier to digest and more readily absorbed. It is sustainably sourced and wild caught. It also contains high levels of the amino acid hydroxyproline. Hydroxyproline helps stimulate our bodies to produce collagen by activating the skin, bone and joint cells.

## OTHER SUPPLEMENTS THAT COMPLEMENT COLLAGEN

The most essential complement to collagen is Vitamin C, which is readily available as a supplement in addition to well-known citrus fruits.

The more Vitamin C we consume, the more collagen our bodies can create, which will significantly enhance the effectiveness of your supplement.



## **MARINE COLLAGEN LINE UP**

Our new supplements contribute to boosting collagen production.

Our Collagen is a purified hydrolysed (making it easier to absorb) marine collagen, with no fillers, sweeteners, preservatives or artificial colours.

## **SUSTAINABLY SOURCED**

Our Pure Marine Collagen Powder is made from 100% purified hydrolysed collagen, extracted from sustainably sourced wild fish off the coast of France by a responsible MSC certified fishery

## **HYDROLYSED COLLAGEN**

Hydrolysed collagen is collagen that has been broken down into even smaller pieces to further aid digestion and absorption, meaning you get to reap even more of collagen's remarkable benefits.

Hydrolysed collagen is also beneficial if you have difficulty digesting specific proteins, due to the newly simplistic amino acid structures.

## PURE MARINE COLLAGEN

food supplement

Just one serving provides 7,500mgs of high strength highly absorbable hydrolysed collagen to help supplement existing collagen while stimulating synthesis to maintain collagen levels and counteract the natural decline that happens as we age.

No fillers, preservatives, sweeteners, artificial colourings or additives.

Nutrition	
Typical values	per 100g
Energy	1548kj / 370kcal
Fat	0g
<i>of which saturates</i>	0g
Carbohydrate	0g
<i>of which sugars</i>	0g
Protein	>90g
Salt	0g



AVAILABLE SIZES

20g | 200g | 150 Vegicaps (450mg)

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# MARINE COLLAGEN BEAUTY BLEND

## food supplement

Pure hydrolysed marine collagen supercharged with natural vitamin C - Organic Camu Camu Powder and Organic Acai Powder, and the heroic skin – beautifying Hyaluronic Acid.

No fillers, preservatives, artificial colourings, sweeteners or additives.

**Serving Size:** 2 teaspoons (10g) Servings per Bottle: 20

**Nutrition**

Typical values	per 100g	per serving	%RI
Energy	1707kj / 403kcal	171kj / 40kcal	
Fat	5g	0.5g	
<i>of which saturates</i>	1.2g	0g	
Carbohydrate	4.4g	0.4g	
<i>of which sugars</i>	0g	0g	
Protein	85g	8.5g	
Salt	0g	0g	
Vitamin C	294mg	29.4mg	37%

\*Reference intake of an average adult (8 400 kJ/2 000 kcal)



AVAILABLE SIZES

20g | 200g | 150 Vegicaps (580mg)

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# MARINE COLLAGEN BEAUTY BLEND

## food supplement

### THE POWER OF HYALURONIC ACID

There is no denying it, hyaluronic acid has powerful anti-ageing properties and can be a crucial source of hydration for skin, regardless of the skin type.

Over time our skin loses its ability to retain moisture which causes the appearance of fine lines and wrinkles; dry skin can also give the appearance of premature ageing, but it isn't something we have to live with.

Using a product containing hyaluronic acid helps to bind water deep within our skin keeping the skin plumped up and hydrated, slowing the skin's ageing process. And who doesn't want younger, more youthful looking skin?

### THE MIGHTY VITAMIN C

Vitamin C is vital to our growth and development. However it is not naturally produced in our bodies, nor do we store it once we have consumed it.

We have to ingest it through our diet and supplements to get our recommended daily allowance.

Vitamin C helps with scar healing by forming a protein used to make skin. In the same way, it helps build teeth, hair, nails, tendons, muscles, arteries and blood vessels, ligaments and bone cartilage.

The buildup of free radicals in our bodies is a contributing factor to the ageing process. Anything we can do to prevent them causing damage is going to help maintain youthfulness. Vitamin C is an antioxidant that combats free radicals, so it is vital that we keep a steady supply to help win the fight.

COLLAGEN Supplements are for anyone with an interest in maintaining a healthy body and young looking skin.