

Pure Marine Collagen

A marine alternative to our bovine based Pure Collagen product which is still in development.

For centuries, scientists and beauty therapists have fought to improve the appearance of the visible effects of ageing upon the human complexion.

A major factor in skin ageing is collagen depletion; from the age of 25, your body loses collagen at approximately 1.5% every year. So by the time you reach 45, you will have lost some 30% of your body's collagen.



Pure Marine Collagen powder, can help your skin look and feel young again by assisting in the replenishment of your body's natural collagen levels.

When taken regularly over a sustained period of time, and according to your dosage regime, **Pure Marine Collagen** capsules can:

- reduce the appearance of facial lines and wrinkles,
- improve skin elasticity,
- strengthen brittle fingernails,
- enhance hair thickness and gloss.

Collagen forms the basis of all tissue in the body including: skin, hair, nails, bones, and joints.

To fully utilise collagen we need other nutrients such as: Vitamin C, Zinc, Vitamin B6, Chromium, and Manganese. Equally if collagen is being used to form the basis of bone then to become bone it will also need the minerals: Calcium, Magnesium, Phosphorus, and Silica.

If after 3 months **Pure Marine Collagen** does not appear to work for you, it may be that you are deficient in one of these vital nutrients. In this event we would advise you to contact a practitioner who can advise you on what additional supplementation you require.

Pure Marine Collagen powder are prepared from enzymatically hydrolysed pure marine collagen and consequently contain the specific amino acids necessary for your body to make new collagen.

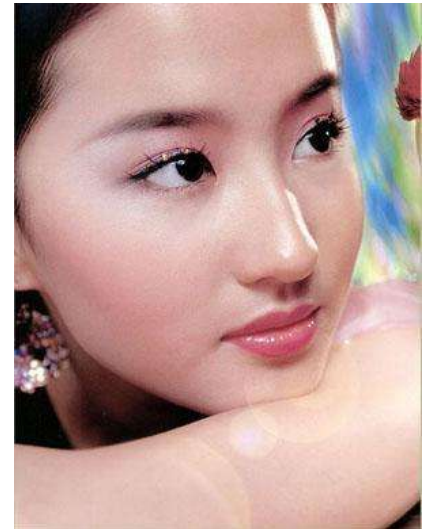
Pure Marine Collagen is of animal origin. It is not intended to treat, cure or prevent any medical condition. Results will vary from person to person depending on age and lifestyle. There are no known side effects to the oral consumption of collagen capsules. People with known allergies to protein should not take this product without medical advice.

Pure Marine Collagen should not be taken during pregnancy or lactation.

Important Questions and Answers:

What is Collagen?

Collagen is a natural structural protein that represents almost 30% of the total body protein of mammals. It is the major component of skeletal and connective tissue and provides structural support. It is found throughout the body – in skin, muscle, tendon and bone. Fibres of collagen are woven together like threads in fabric to form a framework into which new cells can grow. In the skin, collagen provides texture, resiliency, and shape. From the age of 25, your body loses collagen at approximately 1.5% every year. So by the time you reach 45, you will have lost some 30% of your body's collagen. Taking B rejuvenated helps to make up for this loss.



What is the effect of taking collagen?

Collagen's effect on our appearance is well documented. Research has shown that taking **B rejuvenated® Pure Marine Collagen** also has the following benefits:

- Increases the elasticity of the skin and smoothes fine lines and wrinkles
- Plumps up the skin where depressions have formed
- Firms up lean body mass i.e. muscle
- Reduces fat mass thereby reducing inches
- Improves circulation to the 'leaner' muscle tissue
- Strengthens the nail beds and hair follicles
- Regenerates the muscle mass
- Regenerates joints and cartilage
- Reduces arthritic pain
- Replenishes the stores of collagen in connective tissue by boosting collagen production naturally
- Improves endurance and vitality
- Improves sleep
- Naturally detoxifies

How can Pure Marine Collagen be effective in capsule form?

The capsules are designed to be absorbed whole in the small intestine, distributing collagen into your body where it may have been depleted - to joints, ligaments and of course to the biggest organ, the skin.

How do I take the powder?

Recommended dose:

- First 3 months – 1/2 teaspoon at bedtime.

- Second 3 months - 1 teaspoon at bedtime.
- Maintenance – 1/2 teaspoon at bedtime.

It is also better not to eat 1½ hours prior to taking the capsules – the emptier your stomach is the better although this is not essential. In the first 45-90 minutes your body goes into alpha sleep mode, this is the perfect state during which your body can use the collagen to its optimum level (the rejuvenation mode).

How quickly may I see improvements?

Many people report improvements soon after beginning to take **Pure Marine Collagen** capsules, but for best results take them regularly as indicated in the dosage regime. Individual results may vary.



Are there any side effects?

If you are allergic, or may be allergic, to protein you must seek medical advice before taking **Pure Marine Collagen** powder. In over 16 separate clinical research exercises involving over 2,500 individuals, conducted over the past 20 years, no adverse reactions have been reported.

What is the source of Pure Marine Collagen?

Pure Marine Collagen is prepared from enzymatically hydrolysed pure marine collagen derived from the skin and scales of Marine Fish. The hydrolysed collagen is then packed in vegetable cellulose capsules to ensure that our safety regime is not broken.

I am on medication - can I take the capsules?

If you are on medication, you should always consult your doctor before starting any supplement.

I've heard of collagen injections. Will they do the same?

Collagen injections target just one area, for example your lips, and are comparatively expensive. **Pure Marine Collagen** powder are pain-free and much easier to take. The benefit of the powder is that collagen is dispersed throughout the entire body, not just to one area, with natural looking results.

How do we lose collagen?

Collagen loss is a natural part of the ageing process. The signs of ageing are also accelerated with sun exposure, stress and smoking. Natural collagen production can drop

by up to 40% from smoking. With sunlight, the UV rays can damage the skin and stop the production of collagen.

Who uses Pure Marine Collagen?

Men and women around the world who want a more youthful appearance take collagen, as it helps to fight the signs of ageing. Because of natural looking results, many of the top beauty spas are also recommending **Pure Marine Collagen** as part of their non-surgical programme to help reduce crow's feet, sagging, lines and wrinkles.

Information Compiled By:

Dr Francis Low PhD (Alternative Medicine) Nutritionist,
Medi Ozone Centre
Shangri-La Natural Therapy Centre
016-6682000, 016-6116433
www.ozonewellnesscentre.com

