

## 10 Reasons to Use Xenca Collagen

1. Collagen is a vitally important protein. Fibrous in nature, it connects and supports the tissues of the body: skin, bone, tendons, muscles, and cartilage. It also supports the internal organs and is present in eyes and teeth. In fact collagen makes up some 50% of the entire protein content of the human body.
2. Collagen can be thought of as the glue that holds the body together. Without it, the body would, quite literally fall apart. From our mid-twenties onwards we lose collagen at an average rate of 1.5% annually, resulting eventually in lines, wrinkles, aches and pains and many other symptoms attributed to the ageing process.
3. Collagen Hydrolysate (i.e. collagen protein that has been enzymatically or chemically processed to make it more digestible) taken orally has been scientifically proven to safely accumulate in bone joints and cartilage, thus offering a way of combatting the natural depletion process.
4. Clinical research in Germany, UK and the USA into Collagen Hydrolysate has shown that taking a daily supplement of collagen can significantly help sufferers of arthritis and ease joint pain.
5. Athletes susceptible to joint impact injuries have been successfully treated in the USA with larger doses of 10g of Collagen Hydrolysate a day over a period of three months.
6. Following treatment with Collagen Hydrolysate, study results have specifically determine the following benefits: reduced joint pain at rest, reduced joint pain when walking and standing, reduced joint pain when carrying objects and reduced joint pain when lifting weights.
7. Japanese clinical research monitored the hydration status of female skin following Collagen Hydrolysate supplementation and noted an improvement of water absorption capacity. Anecdotal evidence from large numbers of users of collagen supplements supports their findings that taking collagen daily helps smooth the appearance of skin, reducing fine lines and wrinkles.
8. Increased collagen intake may also improve your eyes, strengthen nails and improve the condition of your hair.
9. Top quality collagen is available relatively inexpensively (from an RRP of less than £0.60/day) as non-invasive capsules and powders to be taken daily with a drink.
10. In monitored clinical trials of over 2000 patients given Collagen Hydrolysate no undesirable side effects were reported.

# Revitalise Collagen by Xenca

...the glue that holds you together