Revitalise Collagen

... the glue that holds you together

Revitalise Collagen is a range of natural food supplements containing an unparalleled blend of pure Hydrolysed Collagen, made in the UK using only the finest quality premium grade ingredients.

What is Collagen?

Collagen is a group of naturally occurring proteins found in animals, especially in the flesh and connective tissues of mammals. It is the main component of connective tissue and is the most abundant protein in mammals, making up about 25% to 35% of the whole-body protein content. Collagen, in the form of elongated fibrils, is mostly found in fibrous tissues such as tendon, ligament and skin, and is also abundant in cornea, cartilage, bone, blood vessels, the gut, and intervertebral disc. Collagen constitutes one to two percent of muscle tissue, and accounts for six percent of the weight of strong, tendinous muscles. Possessing great tensile strength, collagen functions in a manner that is very different from many other types of proteins. For example, it can be found both inside and outside of cells. Collagen fibres are important in contributing to the external structure of cells. However, they are present on the inside of some cells as well. Some people refer to collagen as the glue that holds the body together. Without it, the body would, quite literally, fall apart.

Why should I take it?

As a key component in our hair, skin, nails and connective tissue, providing them with firmness and strength, sufficient collagen levels in the body are essential to looking and feeling good. Our bodies produce collagen daily but they also break it down constantly too. As we get older our bodies lose the ability to produce sufficient amounts of collagen and our reserves start to deplete. From their mid-20s onwards the average person loses 1.5% of their collagen reserves annually, a process that accounts for many of the symptoms of the ageing process: skin loses elasticity causing fine lines and wrinkles to appear, aches and pains may develop and hair and nails may lose their strength and shine. Taking a collagen supplement on a regular basis has been found to help reduce these effects of ageing.

Options

Collagen Revitalise Capsules: 400g x 90 (one month's supply at min. recommended dose)

Collagen Revitalise Powder: 108g & 240g (10 & 21 wks' supply respectively at min. rec. dose)

Collagen Revitalise Joints: 90 tablets (one month's supply)

Collagen Revitalise Skin: 90 capsules (one month's supply)

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Clinical Studies

For over 30 years the effects of Collagen Hydrolysate supplementation in the treatment of degenerative joint disease have been investigated. According to Dr Hans-Konrad Selbmann of the University of Tübingen in Germany, 16 studies involving a combined total of 2000 subjects have been published on its therapeutic use so far. The general conclusion is that administering five grams of Collagen Hydrolysate daily for the duration of at least three months has a beneficial impact on pain symptoms and joint function in patients with osteoarthritis.

A randomised, double-blind study by Dr James Rippe in Massachusetts, USA is one of many studies to support these findings. The randomised, double-blind study investigated knee pain, stiffness, joint mobility, flexibility and development of strength in 190 patients with mild osteoarthritis of the knee. Over a period of 14 weeks those affected were given a daily dose of 10 grams of Collagen Hydrolysate (plus 300 milligrams of calcium and 60 milligrams of vitamin C) or placebo. Isometric and isokinetic measurements were then taken which showed a significant improvement in physical joint function in those patients who were given the Collagen Hydrolysate.

Dr Steffen Oesser of the Collagen Research Institute in Kiel, Germany is one of the foremost researchers in this field. As early as 1999 a research group led by Dr Oesser produced evidence of intestinal absorption of Collagen Hydrolysate at an average peptide size of 3.5 kDa. After absorption collagen fragments accumulated significantly and exclusively in the joint cartilage. In in-vitro experiments Dr Oesser was able to show a significant, dose-related stimulation of type II collagen synthesis in chondrocytes (the cells that make up the cellular matrix of cartilage) when Collagen Hydrolysate was added. After addition of the hydrolysate there was also a significant increase in pericellular proteoglycans (the material between cells that provides structural support to connective tissue). In contrast, no increase in protease activity was observed. This led Dr Oesser to conclude: "These results indicate an increase in synthesis activity in the whole extracellular matrix of the cartilage. Therefore, Collagen Hydrolysate could become increasingly important, as far as nutrition for individuals with degenerative disease of cartilage tissue is concerned."

Numerous other clinical and anecdotal findings also suggest that hydrolysed collagen may be helpful in the following: promotion of lean muscle mass through the burning of fat rather than carbohydrates and proteins; toning and thickening skin; joint rebuilding; arterial strengthening; increased energy; organ rebuilding; alleviating osteoporosis; reducing high blood pressure, bladder weakness, chronic fatigue, shallow breathing, autoimmune, skin problems and splitting nails.

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Reported Benefits (both clinical and anecdotal)

- Reduces fine lines and wrinkles
- Improves texture and tone of skin
- Increases moisture levels in skin
- Improves strength, shine and manageability of hair
- Strengthens brittle nails
- Reduces pain and stiffness in joints
- Increases mobility in arthritic and stiff joints
- Accelerates recovery from bone and soft tissue damage
- May impact cartilage regeneration

Additional Information

- In monitored clinical trials of over 2000 patients given Collagen Hydrolysate no undesirable side effects were reported.
- Collagen Hydrolysate is classified as a food, not a drug, and is therefore safe for regular and long term consumption.
- 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.
- There are no known adverse effects of taking larger does than those stated on the product label and anecdotal evidence suggests higher doses may be helpful when recovering from injury.
- Following treatment with Collagen Hydrolysate, study results have specifically determined 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.
- It is desirable – though not essential – to take collagen supplements before going to bed for optimum results as the human body is in repair mode during sleep.
- Whilst there are no documented adverse effects of collagen supplementation during pregnancy, we do not recommend you take any supplements when pregnant.
- These products are not intended to diagnose, cure or prevent any disease. You should consult with your doctor before starting any diet, exercise or supplementation programme, before taking any medication, or if you have or suspect you might have a health problem.
- We recommend you drink about 2 litres of water daily.
- Not suitable for vegetarians.

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	Revitalise Capsules	Revitalise Powder	Revitalise Joints	Revitalise Skin
Purpose	For healthy connective tissue including joints, hair, skin and nails	For healthy connective tissue including joints, hair, skin and nails	Formulated for joint health and to deliver general connective tissue benefits	Formulated for younger looking skin and to deliver general connective tissue benefits
Sizes	90 x 400mg Capsules	108g & 240g Powder	90 Tablets	90 Capsules
Ingredients	400mg **Collagen Hydrolysate Powder** (Bovine) **Magnesium Stearate** (vegetable origin) flowing agent **Gelatin** (capsule shell)	**Hydrolysed Collagen Powder** (Bovine) No additives	Each 3 tabs provide: **Glucosamine Sulphate** 2Kcl 1200mg **Collagen** 1200mg (Bovine) **Chondroitin Sulphate** 300mg **Vitamin C** 300mg (375% RDA) **Hyaluronic Acid** 50mg **MSM** 25mg **Magnesium Stearate** (vegetable origin) flowing agent	Each 3 caps provide: **Collagen** 1080mg (Bovine) **Vitamin C** 80mg (100% RDA) **Hyaluronic Acid** 50mg **Vitamin A** 800ius (100% RDA) **Vitamin E** 12mg (100% RDA) **Zinc** 10mg (100% RDA) **Magnesium Stearate** (vegetable origin) flowing agent **Gelatin** (capsule shell)
Dosage & Directions	Take at least 3 capsules daily, preferably before bed for best results. *A higher or multiple dosage for injury or joint problems is advised*	Take at least 1 heaped teaspoon (approx. 2 grams) daily, or before bed, mixed with yoghurt, custard or sprinkled on food. *A higher or multiple dosage for injury or joint problems is advised*	Take 3 tablets daily, preferably before bed for best results	Take 3 capsules daily, preferably before bed for best results

Also included on the range: **Revitalise MSM** 1000mg x 120 capsules

MSM (Methylsulphonlymethane), a naturally occurring sulphur found in every cell in the human body, is indispensable to good health. It is necessary for collagen synthesis and, as an important building block in the structure of cartilage, it plays a key role in maintaining healthy joints. As well as alleviating the symptoms of arthritis, MSM may also help regulate immune function, reduce lung dysfunction and minimise reactions to pollen allergens. For best results take one capsule daily with food.

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