

# AlgaeCal® Collagen Complete

Four clinically supported collagens for beauty, bone, & joints support

✓ **Makes Skin Look Younger**—Collagen, making up 75% of skin, is key to a youthful look, providing firmness and radiance. However, as we age, collagen levels drop, leading to wrinkles, saggy skin, and dullness. Collagen Complete addresses this with Verisol®, a collagen shown in studies to enhance skin elasticity by 10% in just 28 days and reduce eye wrinkles by 32% in 2 months.<sup>1</sup> Each bottle is nitrogen flushed to prevent oxidation and remains shelf stable without refrigeration prior to opening.

✓ **Thicker Hair & Stronger Nails**—In the Verisol® collagen studies, participants saw nail growth speed up by 12%. Even more impressive, participants experienced a **42% decrease in nail breakage**.<sup>2</sup> Plus, their hair got thicker, with a **31% increase in follicle strength** in just 4 months!<sup>3</sup>

✓ **Regrows Joint Cartilage**—In a study by Tufts Medical Center and Harvard University, Fortigel® was shown to significantly improve the thickness of knee cartilage. Over 48 weeks, study participants taking Fortigel® saw a **sizeable increase in the density of cartilage-building proteins**.<sup>4</sup>

✓ **Knees Feel 10 Years Younger**—Over time, people tend to lose flexibility in their knees—about 1 degree per decade on average. But, a 2022 study found that UC-II® collagen can significantly change that. In the study, adults aged 20-55 with joint discomfort took either this collagen supplement or a placebo for 24 weeks. The collagen group saw a dramatic improvement. And **their knees felt as if they had regained a decade's worth of flexibility**.<sup>5</sup>

✓ **Increases Bone Density**—Fortibone's® special peptides signal the bone-forming cells to boost collagen synthesis, which is crucial for strong and healthy bones. It also helps slow down the breakdown of bone tissue, **leading to an overall increase in bone strength**. In a study from 2021 Fortibone® was found to significantly boost bone strength in postmenopausal women over four years. One group saw **their bone density increase by 5.79% in the spine and 4.21% in the hip area**.<sup>6</sup>

Speak to your health care provider to see if this product is right for you. Give one of our Bone Health Consultants a call to learn more at **1-844-618-1700** or email them at **clinicalsupport@algacal.com**



## Supplement Facts

Serving Size 1 Scoop (Approx. 12.54g)  
Servings Per Container 30

	Collagen Complete
Amount Per Serving	% Daily Value
Calories 45	
Protein 11 g	0%
Sodium 25 mg	1%*
Collagen Peptides 5 g (as FORTIBONE®)†	**
Collagen Peptides 5 g (as FORTIGEL®)†	**
Collagen Peptides 2.5 g (as VERISOL®)†	**
UC-II® Standardized Chicken 40 mg Cartilage (Providing 10mg Total Collagen including Undenatured Type II Collagen)	**

\* Percent Daily Values (DV) are based on a 2,000 calorie diet.  
\*\*Daily Value not established. † Bovine derived – Pasture Raised.

## Typical Amino Acid Profile

Per Serving | †† Essential Amino Acids

Alanine	1175 mg	Lysine††	477 mg
Arginine	966 mg	Methionine††	108 mg
Aspartic acid	742 mg	Proline	1756 mg
Cystine	4 mg	Serine	424 mg
Glutamic Acid	1279 mg	Phenylalanine††	236 mg
Glycine	2985 mg	Threonine††	255 mg
Histidine††	80 mg	Tyrosine	71 mg
Isoleucine††	189 mg	Valine††	288 mg
Leucine††	372 mg		

**Suggested Use:** Combine one scoop into your favorite beverage or meal for a full clinical dose of the 4 collagens. For ease of mixing, add the powder before liquid.

**Storage:** Keep tightly closed in a cool, dry place. Keep out of reach of children.

**Amount inside is measured by weight, not volume. Settling may occur.**

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

### References:

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