

# Collagen Skin Booster **FAQ'S**

## **What is Collagen Skin Booster?**

Collagen Skin Booster is a refreshing strawberry and lemon-flavoured food supplement drink. It contains bioactive collagen peptides\* called Verisol® P, that are scientifically proven to reduce eye wrinkles and improve skin elasticity after 4 weeks. This product is high in key vitamins and minerals to support healthy skin, hair and nails\*\*.

This is expert nutrition for your skin. Backed by science using Verisol® P with proven results.

## **What is Verisol P® from Gelita?**

We chose to use Verisol® P from Gelita as Gelita leads the field in the production of porcine collagen peptides.

It has the strongest scientific package among this type of collagen in relation to skin appearance and beauty. Research also shows that the efficacy of porcine collagen peptides has been proven to be generally better than marine ones<sup>1</sup>.

<sup>1</sup> Ohara H, Ichikawa S, Matsumoto H, Akiyama M, Fujimoto N, Kobayashi T, Tajima S. Collagen-derived dipeptide, proline-hydroxyproline, stimulates cell proliferation and hyaluronic acid synthesis in cultured human dermal fibroblasts. *J Dermatol.* 2010 Apr;37(4):330-8.

## **What is the source of collagen being used (Porcine, Bovine or Marine)?**

Collagen Skin Booster uses Verisol® P which is sourced from Porcine (pig). Verisol® P was chosen as it has the strongest scientific package among porcine collagen peptides in regards to skin appearance and skin beauty. Studies conducted showed that eye wrinkles reduced, and skin elasticity improved just after 4 weeks of consuming Verisol® P.

## **What is Collagen and what does it do for the skin?**

Collagen is the main structural protein in the human body<sup>1</sup>. To date, the collagen family comprises of 28 members, whereby type I collagen is the main (structural) component of skin (80%) with collagen type III making up the remainder of skin collagen (15%)<sup>1</sup>.

Skin collagen is produced by specific cells called fibroblasts and can be found in the middle layer (known as the dermis) of skin, together with other compounds like for instance elastin. Its physical properties are mainly to confer structural integrity to the skin, forming a dense network throughout the dermis.

The main function of this network is to provide structural support to the epidermis, (the outermost layer of skin). In addition, collagen and elastin together form the matrix, which gives the skin its structure, elasticity and firmness<sup>2</sup>.

<sup>1</sup>Gelse K, Pöschl E, Aigner T. Collagens--structure, function, and biosynthesis. *Adv Drug Deliv Rev.* 2003;55(12):1531-46.

<sup>2</sup>Krieg T, Aumailley M. The extracellular matrix of the dermis: flexible structures with dynamic functions. *Exp Dermatol.* 2011;20(8):689-95.

## **What are type I and III collagens, why have we missed type II?**

There are 3 main types of Collagen - I, II and III. Collagen I and III are the main collagen types located in the skin<sup>1</sup>.

Collagen II is mainly the basis of cartilage<sup>1</sup> which makes joints easier to move.

Verisol® P are collagen peptides obtained from type I and III collagen.

<sup>1</sup>Krieg T, Aumailley M. The extracellular matrix of the dermis: flexible structures with dynamic functions. *Exp Dermatol.* 2011;20(8):689-95.

### **What are the benefits of taking Collagen Skin Booster?**

Collagen Skin Booster not only contains collagen peptides with proven science, it is also high in 9 vitamins and minerals that support healthy skin, hair and nails\*\*.

- Contains bioactive collagen peptides called Verisol® P
- Verisol® P is scientifically proven to reduce eye wrinkles and improve skin elasticity after 4 weeks
- High in Vitamin C which contributes to the normal collagen formation for the normal function of skin
- High in Vitamin A, Niacin, Zinc, Biotin and Iodine contributes to the maintenance of normal skin
- High in Zinc, Selenium and Biotin contributes to the maintenance of normal hair
- High in Zinc and Selenium contribute to the maintenance of normal nails

### **What are the key features of Collagen Skin Booster?**

- Tasty and refreshing Strawberry and Lemon flavour
- This product includes a scoop and contains 30 servings
- Water-mixable
- Can also be added to your Formula 1 shake or favourite beverage
- Gluten-free
- Only 20 calories per serve

### **Is Collagen Skin Booster Vegetarian or Vegan?**

Collagen Skin Booster is not Vegetarian or Vegan due to the collagen source being derived from porcine (pig).

### **Is Collagen Skin Booster Halal?**

Collagen Skin Booster is not Halal or suitable for those who cannot consume pork. This is due to the source of collagen being derived from porcine (pig).

### **How many servings are in one cannister of Collagen Skin Booster?**

There are 30 servings per container. Each serving size is 5.7 g. Please use the scoop inside to measure accurately.

### **How do I consume Collagen Skin Booster?**

Enjoy Collagen Skin Booster daily by adding one scoop (5.7 g) to 250 ml of water and stir until dissolved. Consume one glass a day with meals. Use this product within a balanced and varied diet, as part of a healthy active lifestyle.

### **At what time of the day should I take Collagen Skin Booster?**

Collagen Skin Booster can be taken at any time of the day.

### **Does Collagen Skin Booster have to be taken with meals?**

You can consume Collagen Skin Booster with or without meals. However, we recommend taking with meals to support the absorption of nutrients.

### **Can I have Collagen Skin Booster with hot water?**

Boiling hot water is not recommended as this can affect vitamins content and the efficacy of Verisol® P.

### **Can I mix Collagen Skin Booster with my Formula 1 Shake or Tea?**

Collagen Skin Booster is fine to take with your Formula 1 shake. If consuming with Tea, please note that if prepared hot, this can impact the vitamin content and the efficacy of Verisol® P.

## What flavour is Collagen Skin Booster?

Strawberry and Lemon flavour.

## What are the ingredients in Collagen Skin Booster?

**Ingredients:** Verisol® P collagen hydrolysate, maltodextrin, natural flavouring, acidity regulator (citric acid), sweetener (steviol glycosides), L-ascorbic acid, DL-alpha-tocopheryl acetate, beta-carotene, zinc citrate, nicotinamide, cupric citrate, potassium iodide, sodium selenite, D-biotin.

### Nutritional Information:

	Per 250 ml of made up product*	% RI**
<b>Vitamins</b>		
Vitamin A	400 µg RE	50%
Vitamin E	6.0 mg α-TE	50%
Vitamin C	40 mg	50%
Niacin	8.0 mg NE	50%
Biotin	25 µg	50%
<b>Minerals</b>		
Zinc	5.0 mg	50%
Copper	0.50 mg	50%
Selenium	28 µg	50%
Iodine	75.0 µg	50%
<b>Other Substance</b>		
Collagen Hydrolysate	2.5 g	
* 1 scoop (5.7 g) of powder dissolved in 250 ml water		
** Reference intake		

## How many volume points is one box of Collagen Skin Booster?

37.10 VP

## What claims can I make about Collagen Skin Booster?

*Please refer to the Claims Sheet provided*

## Is Collagen Skin Booster suitable if pregnant or breast-feeding?

It is important to understand that this product has not been tested to demonstrate safety of use during pregnancy or while breast-feeding. We recommend expectant or breast-feeding mums to consult with their GP before supplementing, to determine suitability of use.

## Is Collagen Skin Booster suitable for children?

This product has been formulated to suit the needs of adults.

## Does Collagen Skin Booster contain any allergens?

Collagen Skin Booster does not contain any of the 14 major food allergens in the EU.

## Does Collagen Skin Booster contain artificial flavours, colours or sweeteners?

Collagen Skin Booster contains a naturally sourced sweetener (Stevia) and does not contain any artificial colours and flavours.

## How long will Collagen Skin Booster be available for?

Collagen Skin Booster will be a permanent product and as such it will be sold on an ongoing basis.

### **Which markets will be launching Collagen Skin Booster?**

Italy, Spain, Germany, Austria, Switzerland, Netherlands, Portugal, Sweden, Finland, United Kingdom, Ireland, Poland, Czech Republic, Slovak Republic, Greece, South Africa +Sats, France, Belgium, French Polynesia, Denmark, Norway, Cyprus, Bosnia, Bulgaria, Croatia, Hungary, Iceland, Kosovo, Macedonia, Moldova, Montenegro, Serbia, Slovenia, Ghana, Romania.

### **ADDITIONAL QUESTIONS:**

#### **What is the difference and benefits of hydrolyzed collagen vs gelatin or normal collagen?**

The difference between hydrolyzed collagen (collagen peptides or gelatin) and non-hydrolyzed (native) collagen is their molecular size, which determines further effectiveness. In this case, the smaller molecules, the better and the smallest ones are collagen peptides. After the whole digestion process, they are small enough to go through intestinal wall, reach bloodstream and finally skin to stimulate production of procollagen type 1.

#### **Are the benefits of the collagen not affected by our stomach acid?**

The benefits of Verisol P are not lost when mixed with stomach acid. Digestion process is our ally in this case and contributes to obtain smaller molecules which are more absorbable and therefore more effective.

#### **Can the use of type II collagen negatively affect the use of type I and III ?**

There are no published scientific studies to confirm any physiological issues when consuming various collagen types at once.

#### **Why did we not add peptides from type II collagen to this product so that we had something that benefits your skin and joints?**

The idea of the bioactive collagen peptides is to tailor intake in a way that it stimulates specific connective tissue cells. In other words, targeting different tissues like skin or joints demands different conditions of use, such as amounts and/ or time of ingestion.

#### **Is the porcine organic? From 'happy pigs' that lived happily in the mud with enough space'?**

The porcine used in Verisol P is not organic but is derived exclusively from healthy animals which are used for food/ meat production in Europe, with the same space they have. GELITA supports all reasonable measures to promote animal welfare and are a member of European Gelatine Manufacturers (GME). GME strongly supports full implementation and strict enforcement of all EU Animal Welfare Legislation.

\*Verisol® and bioactive collagen peptides are trademarks of Gelita AG

\*\*Biotin, Iodine, Vitamin A, Niacin and Zinc contribute to the maintenance of normal skin. Biotin, Selenium and Zinc contribute to the maintenance of normal hair. Selenium and Zinc contribute to the maintenance of normal nails.

**Any additional information required on Verisol® P can be found on the dedicated Verisol® P website: <https://www.verisolp.info/>**