

INSIDE HEALTH

Collagen Guide

Your Essential Guide to Healthier Skin, Joints, and Beyond!

Health comes from Inside.

You found it... Collagen that helps you inside and out!

Do you have gut issues? Sore joints? Dull complexion? Sagging Skin? Inflammation? IBS?

Do you want better digestion, glowing radiant skin, less aches and pains, graceful aging? Would you be interested in a product that is so fundamental to good health that it can not only provide all of those benefits, but also end up saving you precious time, effort, and money that you are already spending on similar health pursuits?

If you thought YES while reading that then keep reading!

We pride ourselves on trying out new products but we will only recommend those products that are most beneficial and within the reach of most of our followers. Collagen, specifically the brand of collagen noted in this guide, is one of those rare products that has massively upgraded our client's results.

INSIDE HEALTH

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We promote whole-body health for the whole family through improved diet and lifestyle.

If you've been struggling with chronic situations to no avail, or you know you need help, please contact us with your concern.

The Foundational Element of Your Body

Accounting for approximately 30% of the total protein in humans, collagen stands as the body's predominant protein. It serves as the foundational element for structures like our skin, bones, tendons, ligaments, and various connective tissues. In essence, collagen is the unsung hero offering strength, flexibility, and resilience, ensuring our body's structures function at their best.

Relationship Between Aging & Collagen

Starting in your 20's, your body's natural collagen production begins to slow down by 1% per year. That might not sound like much, but by the time you are 50 you have lost over 25% of your collagen supply, manifesting as the visible signs of aging that we all dread! This reduction in collagen is also accelerated by genetics, UV exposure, sub-optimal nutrition, and environmental factors.

Additionally, a lesser-known fact is the relationship between collagen and estrogen; a plummet in estrogen during menopause corresponds with another decline in collagen production. In this guide, we'll explore the noticeable effects of collagen loss and ways to support collagen production.

How Can I Increase My Collagen Production?

Along with supplementing with our favorite collagen, there are proactive measures to bolster its production, transforming the aging process:

Balanced Diet

A diet rich in protein, vitamin C, and antioxidants can stimulate collagen synthesis. Incorporate lean meats, fish, fruits, vegetables, and nuts for maximum benefit.

Regular Exercise

The best way to preserve your muscles, bones and joints is to give them a moderate challenge on a regular basis. Your body has an amazing ability to adapt to these demands, but if you don't use it, you lose it! Even if you are dealing with arthritis, studies show that regular moderate exercise has more benefits than drawbacks.

Healthy Lifestyle Choices

Toxic stress causes oxidative stress and accelerates aging by damaging your tissues. Toxins are everywhere, even in our food, air and water, and this reality highlights the importance of making high-quality choices. Most importantly, do yourself a favor by addressing the more obvious sources of toxic stress by limiting or eliminating smoking and alcohol intake.

How to Choose the Best Collagen Supplements

Not all collagen supplements are created equally. Collagen molecules are quite large, making it difficult for your body to digest and absorb most conventional collagens. And, the research shows that it's not even close! You are lucky to absorb up to 20% of conventional collagens (even bone broth!), while our favorite collagen is shown to absorb at around 95%! Which one sounds like it's giving you more bang for your buck?

CONVENTIONAL COLLAGEN

~20%

absorbed

OUR FAVORITE COLLAGEN

~95%

absorbed

Our favorite collagen also leads the industry with 37 clinical research studies that show how this enhanced absorption helps to provide a wide range of benefits, including improved skin, hair, nails, joints, gut health, and more! This is accomplished through a patented process called hydrolysis.

Through hydrolysis, large collagen molecules are broken down, enhancing absorption. The method of hydrolyzation, collagen type, and source can drastically influence the supplement's quality and effectiveness. Liquid BioCell collagen, empowered with multi-patented Collagen/HA Matrix® Technology, undergoes the Bio-Optimized™ process, ensuring optimal bioavailability. Remember, the nutrient's absorption determines its nutritional advantage.

The Power of Liquid BioCell Collagen

Liquid BioCell Collagen is a unique, highly absorbable liquid collagen supplement that helps replenish the body's natural collagen supply, which decreases with age. This specialized formula supports healthy skin, joints, and connective tissues, promoting a youthful appearance and greater mobility. By adding it to your routine, you can experience benefits that go beyond appearance, contributing to overall wellness in ways that help you feel and age better. See the results of real clients who have transformed their wellness with Liquid BioCell Collagen.



BEFORE · AFTER



BEFORE · AFTER

Graceful Aging

Collagen is a key ally in your journey towards graceful aging.

Support for Skin Elasticity: While collagen makes up 30% of your body's total proteins, your skin is actually 70% collagen! It's no wonder why a telltale sign of collagen reduction is thin, sagging skin and wrinkles! Collagen helps maintain your skin's strength and elasticity.

Bone Health: Collagen assists in the maintenance of bone density and strength, giving your bones a slight amount of necessary flexibility. Your bones need to handle both compression and tension forces, making collagen an essential aspect of aging gracefully.

Enhanced Gut Health

Gut Lining Support: Promotes the health and integrity of the gut lining, which can help repair and prevent leaky gut syndrome and other digestive issues.

Digestive Aid: Collagen aids in digestion and can help alleviate symptoms of digestive disorders like IBS and Crohn's Disease.

Improved Joint Mobility

Nothing makes you feel older or takes the fun out of life like sore joints. Supplementing with collagen helps to rebuild and strengthen your cartilage. The best part is that as your joints heal, the chronic inflammation (aka "arthritis": arthro- means joint, -itis means inflammation) begins to go away all by itself. We have many happy clients who got a new lease on life simply because their joints could move and feel better!

A Radiant, Youthful Complexion

A vibrant complexion isn't just about what you put on your skin; it's about what you feed it from within.

Hydration Boost

Hyaluronic acid in Liquid BioCell collagen helps to retain skin moisture, leading to a plump, hydrated appearance, instead of those cells looking and feeling like shriveled up raisins.

Skin Repair and Renewal

Promotes the repair of skin cells and the production of new ones, resulting in a smoother, more youthful complexion.

By targeting these four critical areas of health and wellness, this liquid collagen offers a holistic approach to not just living longer, but living better.

- Reduces wrinkles from the inside out
- Helps reduce dryness
- May reduce hyaluronidase, the enzyme that can contribute to skin aging
- Supports strong, healthy nails
- Supports joint mobility and lubrication
- Helps improve muscle tone
- Supports skin's collagen content
- Supports skin's microcirculation, hydration, skin tone and firmness
- Supports visibly thick, strong, healthy-looking hair
- Promotes healthy gums
- Supports joint health and comfort



The Science Is Clear!

Liquid BioCell Collagen with HA Matrix Technology is backed by multiple scientific studies:

6000%

Increases skin's HA levels by 6000% in 28 days, reducing wrinkles from the inside out

- May reduce hyaluronidase, an enzyme that contributes to skin aging and the breakdown of collagen over time

- May directly activate cells in the body to produce new collagen

The Power of Collagen/HA Matrix® Technology

COLLAGEN WITH HYALURONIC ACID AND CHONDROITIN SULFATE

Unlike other collagen supplements and topical collagen skincare products, Liquid BioCell collagen features a single-source matrix of collagen, hyaluronic acid and chondroitin sulfate that mirrors human articular cartilage composition. In other words, it's an ideal collagen ingredient because your body recognizes it. And because it's not just collagen (it naturally includes HA and chondroitin sulfate essential to connective tissue health), it provides more comprehensive support than collagen alone.

What's more, Liquid BioCell collagen goes through a patented Bio-Optimized™ manufacturing process that results in collagen micro-molecules of the ideal molecular weight for your body to use. When you add Liquid BioCell® collagen to your daily routine, we are confident that you will experience noticeable benefits.

How Long Does it Take to See Results?

Similar to any product, results are not guaranteed and may vary. In our clinical experience, we have had many clients report positive changes within the first few days of taking Liquid BioCell collagen. While this is worth celebrating, we don't want to over-promise and under-deliver. We recommend taking Liquid BioCell collagen for at least three months to see for yourself. Your body needs time to create healing changes!

As a foundational nutritional product, we see the best results occur over the long-term, such as our 73 year old colleague, seen here, who can run circles around people half her age!



We believe that you may be surprised by your body's healing potential!



DAILY DOSE

Just one tablespoon, twice a day!

It's so easy to incorporate into your daily routine. There are no messy powders to have to mix up, and there are several great tasting flavor options.

15ml
TWICE PER DAY

FOR BEST RESULTS

Take 15ml (one baking tablespoon) twice per day, preferably a full 12 hours apart, to maintain adequate levels of collagen in your system.

Shop Our Top Collagen Picks

Enjoy Subscription Savings and Free Shipping!

- Liquid BioCell® Life
- Liquid BioCell® Life+
- Liquid BioCell® Beauty
- Liquid BioCell® Pure

GOOD TO KNOW

- Two bottles are a one-month supply for one person.
- New customers save $25 on their first order.

SIGN UP FOR THEIR SUBSCRIPTION SERVICE TO:

- Automatically sent every month
- Earn $25 credit each month while on subscription
- Qualify for FREE shipping!

GET OUR FAVORITE COLLAGEN TODAY!

Scan to shop our Shaklee storefront

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Our Guarantee

Shaklee offers 100% Money Back Guarantee if you are not satisfied with your purchase (excluding shipping fees). Even if it's 100% used up. If you have any needs, please contact us directly through any of the following methods:

OFFICE PHONE NUMBER
970-685-8060

EMAIL
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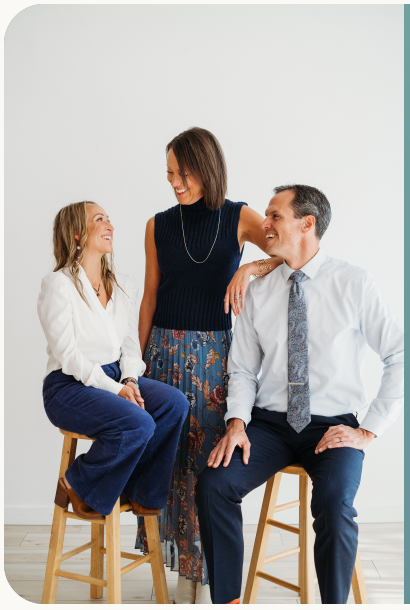
NEED MORE ADVANCED HELP?

Functional Detox and Nutrition

Finally, if you know that you need more advanced help to integrate the healing power of collagen or you need to address more complex health needs, we are available for one-on-one nutritional healing and detoxification guidance through Functional Detox and Nutrition.

To learn more or to request an appointment, scan the code or visit our Functional Detox and Nutrition page. Be sure to mention that you found us through this Collagen Guide and your new client appointment will only be **$179 (typically $450)**.

insidehealth.com/natural-healing/



QUESTIONS?

Reach out and get clear answers about collagen and your health.

Call Us 970-685-8060 I Text Us 970-512-1954

Follow us for more health advice! Facebook & Instagram: **@insidehealth.us**

Collagen Research Highlights

- Collagen is the most abundant protein in the human body, making up 30-35% of all proteins. [1]
- Collagen makes up ~70% of the proteins in your skin. Collagen content in skin diminishes by 1.0%-1.5% per year starting in your 20's due to a glycine deficiency, leading to fine lines, deeper wrinkles, and sagging skin. [1] [2] [3]
- Type I Collagen – skin, tendons, vasculature, organs, bones. Type II Collagen – cartilage. Type III Collagen – skin, large blood vessels, uterus, intestines. There are at least 26 other types of collagens. Types I, II, and III make up 80-90% of all collagens in the body. [1]
- Metabolic Disorders: Glycine (a major component of hydrolyzed collagen) has been shown to suppress oxidative stress, decreases inflammation, lower A1C levels improve insulin sensitivity in diabetics. [1] [2] [3] [4]
- Glycine supplementation (hydrolyzed collagen is 34% glycine) may help with atherosclerosis, heart failure, retinal disorders, and inflammation-driven syndromes including metabolic syndrome. [1]
- Laboratory studies show that glycine supplementation can extend lifespan and restore mitochondrial function to younger levels. [1] [2] [3] [4]
- Skin, Nails, Bone and Joint Health: Clinical studies show supplementing with collagen improves skin, nail and bone health, tendinopathy, osteoarthritis, and osteoporosis. [1] [2] [3] [4] [5] [6] [7]
- Brain Health: Glycine has neuroprotective effects – protecting your brain from lasting damage and promoting recovery. Also shown to improve OCD behaviors and improve cognition. Glycine (a major component of hydrolyzed collagen) has also been shown to reduce oxidative stress and inflammation, help with sleep and relaxation, and stimulate growth and repair of brain tissue (neurogenesis). [1] [2] [3] [4]
- Gut Health: Glycine can improve gut health by inhibiting oxidative stress, reducing inflammation, improve mucosal regeneration, improve intestinal integrity, and alleviate acid reflux esophagitis. [1] [2] [3] [4] [5]

LIQUID BIOCELL COLLAGEN STUDIES

- Connective tissue support, recovery from exercise. [1]
- Toxicity level test. Well-tolerated even at extreme doses. [1]
- Improvements in osteoarthritis. [1]
- Significant improvement in facial fine lines and wrinkles, skin firmness, tissue collagen content, skin dryness and erythema, and youthful appearance. No improvement was noted among the placebo group. [1]
- Enhanced microcirculation, reduced signs of aging. [1]

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