



Full Body Collagen

Research-backed Collagen Peptides for Bones, Joints, and Skin*



Full Body Collagen is a synergistic formulation designed to benefit the health of bones, joints, and skin. It contains the research-proven collagen peptide blends Verisol®, Fortigel®, and Fortibone® derived from specific dietary collagen proteins and produced with proprietary hydrolyzation technologies to optimize their beneficial properties. The unique blend of **Full Body Collagen** is supported by clinical research showing its efficacy for collagen production, bone strength, joint health and integrity, and skin elasticity.*

Collagen is a special type of protein that accounts for as much as 30% of the body's total protein. It is a primary structural component of connective tissue. Collagen constitutes 75% of skin, 70% of ligaments, 65% to 80% of tendons, 50% of cartilage, 30% of tooth dentin, 16% of bone, 10% to 11% of muscle, and it is also part of the structure of arteries and veins.

The amino acid composition of dietary collagens is very similar to those in human collagens, making dietary collagen peptides ideal for supporting body collagen turnover and renewal. These processes are continual, so it's important to ensure the body has enough raw materials to build healthy new tissue.

Collagen proteins are rich in amino acids, hydroxyproline, glycine, and proline. Although other dietary proteins can provide these, collagen is a more concentrated source, which may play a role in supporting the strength and flexibility of bones, tendons, and cartilage, the appearance of skin and nails, and gastrointestinal tract health.* Supplementing with collagen peptides, such as those found in **Full Body Collagen**, may support healthy aging, skin, joints, bones, and muscles.*

Benefits*

- Supports healthy bones
- Supports healthy skin appearance and integrity
- Supports healthy joints

Highlights

- A synergistic blend of three patented collagen peptide blends: Verisol , Fortigel , and Fortibone
- Flavorless with no added sweeteners, making it easy to add to any beverage or shake

Recommended Use

Mix 13 grams (approximately one scoop) with 8 ounces of water per day or as directed by your health-care practitioner. For ease of mixing and best consistency, add powder before adding water or other liquid.

Fortigel®, Verisol® and Fortibone® are registered trademarks of GELITA AG.

*Ipsos 2023 survey among 160 U.S. functional medicine practitioners who are aware of Designs for Health and recommend supplements. Among these practitioners, in an average month, Designs for Health is their most recommended practitioner supplement brand, meaning a brand that is sold by health-care practitioners, in their office. (For sample definition, go to www.designsforhealth.com)