

truescience®

liquid collagen

ACTIVATE, REPLENISH, MAINTAIN.

EN LIQUID COLLAGEN / ES COLÁGENO LIQUIDO

product information sheet



Get the Glow

Get glowing, gorgeous skin with a daily boost of collagen and activating botanicals. The proprietary ingredients in this delicious Appleberry blend have been clinically shown to deliver visible support to skin health and hydration in 8 weeks or less. Your skin looks smoother, softer, and more even, while Liquid Collagen works from within to reduce collagen breakdown and improve skin elasticity. It also helps protect against the damaging effects of oxidative stress, caused by free radicals. With more youthful-looking skin, you'll glow with True Confidence. You get real results that you can see—and feel.*

Benefits



Reduce the appearance of fine lines and wrinkles*



Improves skin moisture, tone, and texture*



Helps protect against the damaging effects of oxidative stress*



Prevents collagen breakdown and improve skin elasticity*



Promotes a youthful appearance*



Supports healthy hair and nails*

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

LifeVantage®

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Directions

Shake well. Drink 1 bottle daily. Refrigerate after opening if not consumed at once. Chill if preferred, but refrigeration is not required.

WARNINGS: Not recommended for children or individuals under 18 years of age or women who are pregnant or nursing. Keep out of the reach of children.

CONTAINS: Fish (Tilapia & Pangasius) and Quinoa (Saponin).

Ingredients



Fish Collagen Peptides

Peptides from responsibly caught fish from 10 types of collagen plus amino acids to support collagen density, elasticity, and moisture for a youthful appearance.*



Ruby Quinoa Extract

(*Chenopodium formosanum*) Extract from this grain unlocks the cell's ability to absorb collagen as it activates natural collagen synthesis to reduce the appearance of fine lines and wrinkles.*



Proprietary Citrus + Berry Blend

Blueberry powder, young ponkan fruit and acerola berry supply vitamin C and antioxidants to promote collagen and elastin production and help your skin create more of its own natural moisture for a healthy, glowing complexion.*

Study Results



COLLAGEN DENSITY
INCREASED BY

100%*²



DEPTH OF CROW'S
FEET REDUCED BY

22%*¹



SKIN ROUGHNESS
DECREASED BY

10%*¹



BLOOD CATALASE (CAT)
LEVEL INCREASED BY

202%*¹



SKIN ELASTICITY
INCREASED BY

8%*¹

¹Results based on 8-week clinical trial on key ingredients in Liquid Collagen. Individual results may vary.

²Results based on a cell culture study on a key ingredient in Liquid Collagen.

share

Let your friends and family learn about your experience on social media! Post your results using **#TrueConfidence**.

@lifevantage



What makes Liquid Collagen unique?

The combination of ingredients is designed for synergistic effects. Together, they create a highly effective product that works in 3 important ways: It activates collagen production, replenishes collagen you may have lost, and it helps maintain the collagen you already have. It contains peptides from 10 different types of collagen, unlike many other supplements that only provide a few. And the red quinoa is an award-winning ingredient grown, harvested, and processed at the same farm. This means it's always harvested at its peak, giving you the most potent levels of phytonutrients and highest amino acid content. *

What is the shelf-life?

24 months.

Do I really need to take collagen?

Your collagen production begins to decline after age 25-30. You need a broad range of the right collagen types to ensure your skin gets what it needs to look healthy.

How does collagen work?

Amino acids from fish collagen peptides make up for what your body can no longer produce to replenish 10 types of collagen. And the activating botanicals—red quinoa and fruit extracts—supply nutrients that act like “vegan” collagen, which signals to your body to boost collagen production.

I put all my other TrueScience products on my skin. Can I apply Liquid Collagen topically?

No. Liquid Collagen is designed to be ingested, so you get your glow from within.

What fish do the collagen peptides come from?

The hydrolyzed collagen peptides in Liquid Collagen come from the skins of high-quality, non-GMO white fish sourced from sustainable fisheries around the world—including Costa Rica, Taiwan, and Iceland — that minimize their environmental impact and optimize the use of natural resources. The collagen is produced in a state-of-the-art facility, allowing us to deliver an effective, safe, clean, and sustainable collagen solution. The peptide extraction process uses only water, and the peptides are thoroughly tested to ensure compliance with EU and US regulations to verify they meet strict standards for allergens, pesticides, preservatives, heavy metals, and toxins.

Each raw material in TrueScience Liquid Collagen is tested according to specifications, including chemical analysis, impurities, and microbiology, and inspected multiple times during production. The finished product is tested to confirm safety, quality, and potency, so you can trust that what is listed on the label is what is in the product.

Are chemicals used in the collagen/ingredient extraction process?

No. Water is the only solvent used in the extraction process.

Is Liquid Collagen non-GMO and gluten-free?

Yes.

Can I give Liquid Collagen to my pet?

We recommend using a collagen supplement specifically designed for animals.

Are the colors and sweeteners in Liquid Collagen from natural sources?

Our collagen has zero added sugars and no sweeteners! Our sugar and color are from fruit extracts, apple juice concentrate, and other natural sources.

How long will it take to see benefits from Liquid Collagen?

Change takes time. You may start to see results in 4 weeks, with continued improvement in 8 weeks.

Are there any other benefits to collagen supplements?

This is formulated for your skin, but you may also see improvements in your hair, nails, muscle, bones, and joints.

Are there other LifeVantage products I can add to my daily routine for youthful, healthy-looking skin?

Protandim® Nrf2 Synergizer® helps provide antioxidant protection from within. Omega+ provides important fatty acids, and some research shows that lutein, which is found in IC Bright®, supports skin elasticity. You can get the benefits of skin care powered by Nrf2 ingredients, shown to visibly reduce signs of aging, with the TrueScience® Beauty System.

Can I mix Liquid Collagen with other food or drink?

Yes. Just be careful not to heat it excessively, as it may break down active ingredients. It tastes great chilled! You can add it to any beverage, such as your favorite smoothie, for its delicious Appleberry flavor. Liquid Collagen can be taken with or without food.

Do I need to store Liquid Collagen in the refrigerator?

Refrigeration is not required, but some people prefer the taste when it's chilled. Once opened, you must refrigerate any remaining collagen if you don't consume it all at once.

Can I get the same benefits from a product labeled "vegan" collagen? What's the difference?

Vegan collagen doesn't actually contain any collagen peptides, which are nutrients that help boost your body's natural ability to produce collagen (a process that slows down significantly around the age of 30). Collagen from animals are actual forms of collagen proteins to make up for what your body can no longer produce. Liquid Collagen has both, so it helps your body's natural process and provides actual collagen proteins.

Is TrueScience Liquid Collagen Kosher?

Though many ingredients have been verified by our suppliers as meeting kosher law, the product is not kosher certified. Therefore, we recommend those who adhere to kosher practices do not consume TrueScience Liquid Collagen.

It seems like I can get a lot more collagen from a powder. Why did LifeVantage decide on a liquid collagen? Am I getting enough with the liquid?

Large collagen protein pieces are hard to digest. They need to be broken down by enzymes. Liquid Collagen uses hydrolyzed collagen—chopped up into smaller pieces—so your body doesn't have to break them down. This makes it easier to absorb and utilize. Hydrolyzed collagen pieces (also called peptides) are highly water-soluble whereas a regular collagen is not, so the most bioavailable form is a liquid.

Is there vitamin C in Liquid Collagen?

The amount has not been measured, but green acerola and other fruits are known sources of vitamin C.

Are there Nrf2 ingredients in Liquid Collagen?

No, but the red quinoa has been shown to increase levels of catalase and superoxide dismutase, which are both antioxidants your body naturally produces in the skin. We recommend Protandim® Nrf2 Synergizer® for more complete antioxidant support for your skin.