

liquid collagen

product information sheet



Drink.
Delight.
Glow.

Collagen is the primary building block of your body's skin, muscles, bones, tendons, ligaments, and other connective tissues. Its main role is to provide structure, strength, and support throughout your body. Collagen is the most abundant protein in your body and makes up 25–35% of all proteins. As you age, collagen production steeply declines, especially in your late 20s and after age 30, which can impact how you look and feel. Even with a well-balanced diet, getting the correct amount of collagen protein from your diet can be difficult.

Each 50 mL serving of TrueScience® Liquid Collagen delivers 5 grams of protein in the form of 10 types of fish-collagen peptides. It also includes an award-winning, responsibly sourced red-quinoa extract plus berry and citrus extracts for a boost of plant-based goodness. The delicious Appleberry flavor is free from added sugar and artificial sweeteners, so you can tantalise your tastebuds guilt free.

Features



10 types of collagen peptides (I, II, V, VIII, IX, X, XI, XVII, XVIII, XXVIII)



Bioavailable form of collagen



100% natural collagen source



100% recyclable bottle

Directions

Shake well. Drink 1 bottle daily. Refrigerate after opening and consume within 1 hour.

Benefits

The protein from collagen is necessary for tissue building and repair as well as the maintenance and growth of muscle mass.

Ingredients

NUTRITION INFORMATION

Servings per package: 10
Serving size: 50 mL (1 Bottle)

	Average quantity per serving	Average quantity per 100 mL
Energy	209 kJ (50 Cal)	418 kJ (100 Cal)
Protein, total	5 g	10 g
- collagen	5 g	10 g
- gluten	Not detectable	Not detectable
Fat, total	Less than 1 g	Less than 1 g
- saturated	Less than 1 g	Less than 1 g
Carbohydrate	8 g	16 g
- sugars	7 g	14 g
Sodium	25 mg	50 mg

Ingredients: Water, Apple Juice Concentrate (22%), **Fish** Collagen Peptides (10%), Acidity Regulator (Citric Acid), Red Quinoa Seed Extract, Flavour (Cranberry Raspberry Flavour, Strawberry Flavour), Acerola Berry Extract, Blueberry Powder, Young Ponkan (*Citrus reticulata*) Fruit Extract, and Preservative (Potassium Sorbate)

Contains Fish



Non-GMO



No added sugars, artificial
flavours or sweeteners



Gluten-free

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What makes Liquid Collagen unique?

The combination of ingredients is designed for synergistic effects. It contains 10 types of fish collagen peptides, 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?

The shelf life of TrueScience Liquid Collagen is 24 months.

Do I really need to take collagen?

Your collagen production begins to decline sharply in your late 20s. To combat this, you need a broad range of the right collagen types so your body gets the type it needs the most.

How does TrueScience Liquid 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 natural collagen.

What fish do the collagen peptides come from?

The hydrolyzed collagen peptides in Liquid Collagen come from the skins of high-quality, non-GMO whitefish 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 for an effective, safe, clean, and sustainable collagen. The peptide extraction process uses only water, and the peptides are thoroughly tested to ensure compliance with 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. It is both non-GMO and gluten-free.

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?

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

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 and make sure to consume within 1 hour of opening.

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.

Are there Nrf2 ingredients in Liquid Collagen?

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