



MISS VITALITY

# ELIXIR COLLAGEN

Age Well | Skin & Body

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## THE WELLNESS PROBLEM

Collagen is the most abundant protein in our bodies and is the major building block for our bones, skin, muscles, tendons, and ligaments.

When we are young we produce plenty of it but as we age, the amount declines and the existing collagen begins to break down. Factors that accelerate its decline include excessive amounts of sugar, oxidative stress, long-term inflammation, smoking, and getting sunburned.

The effects of having less collagen are often seen on our skin which becomes less firm and supple.

## MISS VITALITY SOLUTION

Used since ancient times in Traditional Chinese Medicine, collagen was often known as the elixir for its youthful, anti-aging effects.

Marine collagen is a type 1 collagen made of collagen peptides derived from the fish which are normally thrown away. It specifically targets the gut, skin, hair, joints and bones.

The peptides in marine collagen are smaller meaning it has better chemical and physical durability compared to other sources such as bovine collagen, and are very readily bioavailable to the body.

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## KEY BENEFITS

- Anti-ageing: reduces wrinkles
- Helps healing of acne and eczema
- Improves wound healing
- Encourages hair growth by building keratin (May prevent hair thinning and follicle damage)
- Reduces pain and inflammation in the joints
- Strengthens bones, cartilage, tendons and ligaments
- Works as an antioxidant and mops up free radicals that would otherwise cause damage to cells and DNA
- Magnesium and Zinc work to support the immune function and the skin.

## FACTS

Each Elixir contains: Marine Collagen, Magnesium, Zinc, organic Blueberries.

## SERVING SUGGESTION

ELIXIR is best consumed with food - hot or cold. Add to smoothies, juices, chia pudding or yoghurt, soups, stews, curries - any liquid meals!

## ABOUT MISS VITALITY

The Miss Vitality supplements are the only full range of Australian-made Skin Specific Nutrients targeting oxidative damage and free radical damage. Miss Vitality manufacture TGA Approved (made to Australian high standards) complementary medicines designed specifically for the beauty and skincare industry to support a holistic approach to your body - allowing today's modern woman to not only look incredible but feel great too!

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