Ingredients
Collagen is the major structural protein in connective tissue and the most abundant protein in the human body. It is responsible for maintaining the strength and flexibility of bones, joints, skin, tendons, ligaments, hair, nails, blood vessels and eyes, among other tissues throughout the body.

Best Collagen Types 1 & 3
180 Tablets
Ingredients per 3 tablets:
Collagen Types 1 & 3 3,000 mg
Vitamin C 30 mg (as calcium ascorbate)
Sodium 10 mg
Excipients: Cellulose, stearic acid, croscarmellose sodium, magnesium stearate (vegetable source).
Suggested Use: Take three (3) tablets two times daily on an empty stomach at least 30 minutes before meals. Do not mix with other protein powder supplements.
Not suitable for vegetarians.

Best Collagen Types 1 & 3
240 Capsules
Ingredients per 4 capsules:
Collagen Types 1 & 3 2,000 mg
Vitamin C 30 mg (as calcium ascorbate)
Sodium 10 mg
Excipients: Rice flour, gelatin (capsule).
Suggested Use: Take 4 capsules twice daily on an empty stomach at least 30 minutes before meals. Do not mix with other protein powder supplements.
Not suitable for vegetarians.

Best Collagen Types 1 & 3
200 Grams (Powder)
Ingredients per (1) scoop (6.6 g):
Collagen Types 1 & 3 6,600 mg
Sodium 20 mg
Excipients: None.
Suggested Adult Use: Dissolve 1 scoop of powder in a small amount of water or juice. Add an additional 6-8 oz. of liquid, mix well, and drink on an empty stomach at least 30 minutes before meals. Do not mix with other protein powder supplements.
NOTE: Some settling of contents may occur, affecting number of servings.
Not suitable for vegetarians.

Best Collagen Types 1 & 3 contains pure collagen protein, providing the fundamental building blocks for growth and maintenance of healthy tissues.* Taken as a supplement, this product provides the body with the raw material needed to support the strength and integrity of essential structures.* Best Collagen Types 1 & 3 is enzymatically hydrolyzed into component amino acids with a low molecular weight for optimal absorption and utilization by the body.* Vitamin C has been added to the tablet form, as it is an essential nutrient required for collagen synthesis by the body.*

Collagen Structure
Collagen is a long, fibrous protein that makes up the extracellular matrix of connective tissue. The mesh of fibers that are formed by adjoining collagen molecules in tissues contributes to its structural and strength-giving properties. Conformationally, collagen is arranged in a triple helix, lending strength and integrity to the fiber matrix. Collagen molecules are particularly rich in four amino acids: glycine, proline, hydroxylysine and hydroxyproline. While several other amino acid residues are contained within collagen, these four amino acids make up more than 50% of its structure.

Benefits
Essential Structural Support for Hair, Skin, Nails, Tendons, Ligaments and Bones*
There are a number of different types of collagen; the most prevalent two in the human body are types I and III. In fact, type I collagen is the most abundant protein in the human body – it is present in almost every type of tissue. Bone contains almost exclusively type I collagen. The collagen network in bone confers structural strength to bone tissue and prevents bone fragility. Deficient or defective collagen production, as can occur with aging, is a risk factor for fractures and other bone deformities.*

Type I collagen is also the major protein found in skin connective tissue where it is responsible for providing skin with its tensile strength and resiliency.* Type III...
collagen is found at high levels in cardiovascular tissue and also in newly developing skin. It is essential for the proper development of the cardiovascular system and skin tissue. Types I and III collagen are often found together in the same tissues, as each form complements the structural integrity of the other.

Vitamin C is required for the synthesis of collagen and participates at nearly every step of the process. The critical role of vitamin C involves preventing the inactivation of several key enzymes required for collagen biosynthesis. Studies suggest that vitamin C enhances the function of fibroblasts and promotes an increased level of collagen deposition by these cells in human tissue. Vitamin C also functions to promote the strengthening of the collagen matrix and supports an increased level of collagen density in organs and tissues. These effects of vitamin C also suggest that intake levels of this vitamin may be inadequate as we age. As oxidative stress in tissues increases with age, there is an increased requirement for this crucial antioxidant vitamin to promote optimal collagen production.

Collagen synthesis is a continuous process throughout life. Collagen is essential for growth and repair, and is also produced during the process of wound healing. Rejuvenation and renewal of every tissue throughout the body requires the production of newly synthesized collagen. However, this process can become less efficient as we age, leading to decreased renewal of old tissue. This is manifested internally as a lessened efficiency of organ and tissue function. However, the most obvious manifestation of this process occurs externally. The most visible tissue in the body, and the most obvious place to observe the effects of aging, is the skin. As the skin ages, the levels of type I and III collagen, as well as elastin, decrease in the dermis, resulting in the loss of elasticity. This results in the appearance of wrinkles, fine lines and an aged look, as well as various skin blemishes and discoloration. The rate at which this occurs depends upon many factors including genetics, metabolic processes, hormonal changes and environmental exposures, such as to UV radiation from the sun or smoking tobacco (both of which can lead to increased break down of collagen in the skin and/or decreased synthesis of new collagen).1-3

Oxidative stress is thought to play a large role in the aging process as well. In general, while we are youthful, our body has the ability to combat the internal and external effects of oxidative stress more efficiently. However, as we age, and due to the genetic, metabolic and environmental changes mentioned above, the amount of free radical production outpaces the antioxidant defenses of our body’s organs and tissues.

Since the body has become less efficient at dealing with the various stressors it encounters on a daily basis, it is even more critical to help it by providing the antioxidants and structural building blocks it needs to continually rejuvenate itself. Of course, a healthy diet that is rich in fruits and vegetables, as well as targeted nutritional supplementation, provide a wide range of antioxidants that the body can use to bolster its defense mechanisms. Furthermore, supplementing with Best Collagen can benefit the body by providing structural support.

Best Collagen Types 1 & 3 contains the necessary building blocks for collagen renewal and the cofactors that enhance tissue strength and integrity. Replenishing the structural building blocks and antioxidants on a consistent basis can lead to healthy, vibrant and youthful tissue and organ function. Efficient collagen renewal also leads to strong, healthy bones. Outwardly, this manifests as supple skin with a decrease in wrinkles and blemishes, and an increase in strength and elasticity.

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Scientific References

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