

# *Collagen*

THE SCAFFOLDING OF THE SKIN







**Collagen can be compared to a scaffold of the skin, providing skin with the correct underlying structure. When collagen disappears, the support structure collapses and wrinkles form.**

# COLLAGEN

- main protein of connective tissue •
- makes up 30% of all proteins in the human body •
  - protects internal organs, connects cells •
  - building block of skin, bones, teeth, cartilage, blood vessels, the cornea of the eye •
    - improves immunity •
    - important in tissue regeneration •
  - provides structure, support, and elasticity of the skin •
- maintains proper level of its hydration with its water binding ability •
  - accelerates wound healing, improves scar formation •



## COLLAGEN DEFICIENCY | SKIN

- 25 years old → collagen levels start to decline
- 50 years → sharp decline in collagen production
- 60 years old → collagen ceases to be synthesized by the body

### CAUSES

**external factors:** solar radiation, temperature extremes, free radicals, toxins

**internal factors:** declining levels of vitamin and minerals necessary to support collagen's natural restoration

### EFFECTS

**skin loses its firmness and elasticity, skin is excessively dehydrated, one of the main causes of the appearance of wrinkles and deep lines**

## COLLAGEN DEFICIENCY | HAIR

Collagen provides essential amino acids that nourish the hair, ensuring proper growth and revitalization.

### **When collagen starts to decline, hair...:**

- becomes thin, brittle, and dry •
- falls out excessively •

# COLLAGEN PRO FLEX STRENGTH SYSTEM

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## COLLAGEN DEFICIENCY | BONES AND CARTILAGE

The skeleton consists 90% of collagen and its connections with calcium.

### Disorders of synthesizing and transforming collagen fibers increase...:

- loss of synovial fluid
- bone fragility and susceptibility to fractures
- fish collagen
- vitamin C
- Baikal skullcap
- vitamin D
- calcium
- glucosamine sulfate





# COLLABEAUTY Q10 EXPERT

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## COLLAGEN OF FISH ORIGIN

- 2 times greater absorption than in collagen of animal origin
- smaller size with close similarity to the human DNA structure collagen
- makes skin supple, smooth, and elastic
- prevents the formation of wrinkles
- strengthens the resistance of the locomotor system to injuries and contusions and the wearing out of synovial fluid

## VITAMIN C

- indispensable in any dietary supplement with collagen
- supports proper production and absorption
- helps protect cells against oxidative stress
- seals blood vessels in people with couperose skin





# COLLABEAUTY Q10 EXPERT

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## COENZYME Q10

- slows down the aging process of the skin
- improves existing fine lines and prevents the deepening of wrinkles
- allows the proper functioning of tissues and the most important internal organs
- improves metabolism
- positively affects the immune system by providing cells with adequate energy for protection against pathogens
- regulates blood sugar levels
- stabilizes the mucous membranes of cells, providing better absorption of remaining nutrients

## VITAMIN A

- protects collagen against breakdown
- accelerates skin regeneration processes
- increases skin flexibility and tension
- reduces water loss by improving hydration





# COLLABEAUTY Q10 EXPERT

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## ZINC

- removes discoloration and redness; evens out the color
- reduces irritation
- regulates hormonal problems which are often the base cause of acne breakouts

## COPPER

- has a beneficial effect on problems such as mycosis or eczema
- reduces the risk of infection
- reduces acne by regulating the thyroid
- improves skin hydration, oxygenates it, and accelerates growth of new cells
- promotes wound healing and soothes irritation



# THE IMPORTANT ROLE OF DIET

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It should be rich in copper and vitamins A, C, and E!



COLLAGEN  
BROTH



8 LITER  
POT



12 HOUR  
COOKING TIME

- 2-3 kg of bones with meat (8 chicken feet /pork knuckle / brisket or pork ribs / pork chops / turkey carcass)
- 4 carrots
- 3 parsley roots
- 1 leek
- 1 onion
- 1 clove of garlic, unpeeled
- ½ celeriac
- a few cabbage leaves
- 4 bay leaves
- a few grains of allspice
- Himalayan salt





# COLLAGEN MASK FOR THE HAIR

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- 1 tablespoon of Collabeauty Q10 Expert NUTRICODE
- 2 tablespoons of ALOE VERA hair mask
- 2 teaspoons of moisturizing HAIRLAB oil

**Mix all the ingredients together to make a uniform paste. Apply to dry hair, massaging from the scalp all the way to the ends. Leave on for 20 minutes, then wash and rinse thoroughly.**



**NUTRICODE**

FEDERICO MAHORA  
*aloevera*

Apply once a  
month





# EFFECTS OF REGULAR USE

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