Fish Collagen with FreshWater® Collagen

INgredients
Doctor’s Best Fish Collagen with FreshWater™ Collagen is a partially hydrolyzed fish collagen protein. FreshWater™ Collagen is a type I fish collagen. Collagen is the largest and most abundant protein in the body and a key building block of important for many connective tissues for many vital organs. Type I collagen is the strongest collagen type and provides support for skin, joints, and bone health.* Fish collagen has gained popularity as a food ingredient and as a nutricosmetic ingredient due to its higher bioavailability than bovine or avian collagen and for its health benefits such as improvement of nail and skin health.*

Collagen attained GRAS (Generally Recognized as Safe) status hence is regarded as safe by the FDA for human consumption.

Benefits
- Helps improve nail and skin health*
- Helps promote joint and bone health*
- Non-GMO, Soy Free, Gluten Free

Extended Benefits
Helps improve nail and skin health*
Collagen type I is well known for its role in maintaining the integral of the dermis. Aging skin is related to the reduction of collagen type I. Recently, in Japan and other countries, gelatin, partially hydrolyzed collagen and peptides, manufactured from fish skin and scales, have been used for their skin health benefits.**

Helps improve joint and bone health*
Collagen-based peptides represent functional peptides that possess multiple physiological activities. For many years, folk medicines have mentioned the positive influence of collagenous preparation as being beneficial not only for skin health but also for joint and bone health. Daily dose of collagen peptide of 10g may promote joint health.*

Pharmacological & Clinical Studies
Many in vivo studies were conducted to demonstrate the potential of fish collagen in improving skin health. In particular, one of them showed that fish-scale collagen peptides can stimulate fibroblast cell proliferation and procollagen synthesis.13

The long-term effects of fish collagen hydrolysate on skin aging was studied in Sprague-Dawley male rats. The results showed that fish collagen hydrolysate promotes the synthesis of type I collagen. This finding may highlight the role of fish collagen supplement in promoting beneficial effects on skin aging.12

A double-blind placebo-controlled clinical study conducted in 25 female volunteers evaluated the effect of daily oral intake of a collagen hydrolysate mixture (including 5 g of fish type I collagen hydrolysate) on skin health. The results showed that moisture content and viscoelastic properties of the skin improved. This highlights the positive effect of fish collagen supplements on skin health.5

A double-blind placebo-controlled 4-week study analyzed the oral intake of fish scale collagen hydrolysate (2.5 g, 5 g and 10 g), pig skin collagen hydrolysate (10 g) or placebo among 214 female volunteers. The results showed a dose-dependent improvement in groups taking fish scale collagen hydrolysate (2.5 g -10 g). There was a major change following oral intake of collagen hydrolysate in the moisture content of the outer layer of the skin.13

Supplement Facts
Serving Size 1 Powder Stick Pack (5g)
Servings Per Container 30

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>15</td>
</tr>
<tr>
<td>Protein</td>
<td>5 g</td>
</tr>
<tr>
<td>Type I Fish Collagen (FreshWater® Collagen Peptides)</td>
<td>5 g **</td>
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**Percent Daily Values are based on a 2,000 calorie diet.
†Daily Value not established.

Other Ingredients: None.
Contains Fish (sustainable tilapia, crimson snapper, and saddletail snapper)

Suggested Adult Use: Add 1 powder stick pack to your favorite beverage daily, or as recommended by a nutritionally-informed physician.
Non-GMO / Gluten Free / Soy Free
Store in a cool dry place.

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.
A randomized double-blind placebo-controlled trial was performed to study the effect of oral supplementation with fish-derived collagen peptide (5 g daily) on human skin health in Japanese adult males. The results showed that fish collagen had very beneficial effect on human skin health.14

SCIENTIFIC REFERENCES


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