

These vital substances help

Lycopene (natural carotenoid) – an antioxidant that helps protect the skin

Natural lycopene, made from the skins of tomatoes, helps protect your skin from the inside.

Coenzyme Q₁₀ – a key amino acid for cell energy production

The natural coenzyme Q₁₀ is essential for energy production. 95% of all your body's energy is activated by coenzyme Q₁₀. The amount of Q₁₀ in our body declines significantly from the age of 40! Taking supplements helps!

Vitamins D₃, C and E – vitamins that protect against the ageing process

Vitamin D₃: 50% of people do not have enough of this "anti-ageing hormone" in their immune system. It strengthens muscles and bones, protects nerve cells, keeps centres of inflammation in check, and helps the immune system combat flu-like infections.

Vitamin C: Crucial for the development of collagen. As a highly water-soluble antioxidant in combination with vitamin E and coenzyme Q₁₀, it is a vital aid to the body's detoxification process and reduces fatigue.

Vitamin E: The most important fat-soluble protective vitamin. It is important for the formation of high-quality connective tissue and protects blood cells, eyes, nerves and brain against aggressive free radicals. It has anti-inflammatory properties and improves the blood circulation and the oxygen supply of the blood vessels.

A course of treatment using the vital substances mentioned should take at least 60 days to achieve good results. Long-term daily use is also recommended!

Tips

Important anti-ageing tips for healthy ageing:

- Drink 2 litres of water every day (this flushes out uric acid that is harmful to your connective tissue).
- Exercise outdoors in fresh air for at least 40 to 45 minutes several times a week.
- Eat fresh fish twice a week or take omega-3 fish oil or krill oil capsules.
- Make sure you get enough protein (possibly by drinking a tasty protein shake with L-carnitine and inulin). Together with strength training, this will help preserve your muscle mass.
- Enjoy plenty of fresh fruit and vegetables.
- Do not smoke. Moderate wine consumption is recommended.
- Use high-quality oils such as olive oil or rapeseed oil for cooking.
- Make sure you eat enough fibre (whole grain products with dietary fibres).

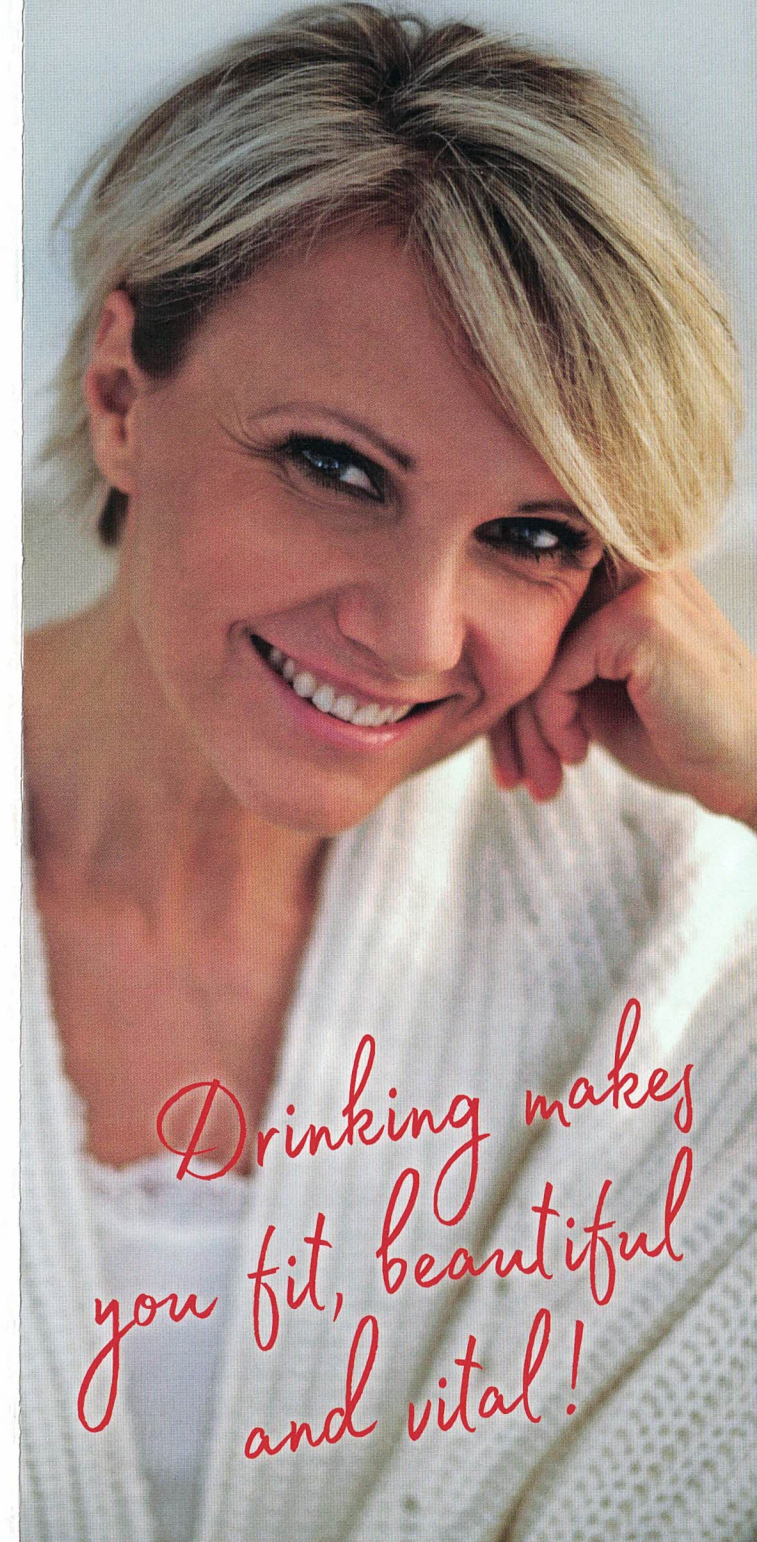


- Protects against skin aging, cellulite; with anti-wrinkle effect
- Greater protection and powers of resistance
- More power and energy
- A healthy collagen structure and a resilient musculoskeletal system thanks to collagen hydrolysate, coenzyme Q₁₀, astaxanthin, lycopene, vitamins C, E and D, glucosamine sulphate and manganese.
- Pleasant-tasting
- One month's supply with 30 x 14 g sachets



vita-collagen-complex.com/en/

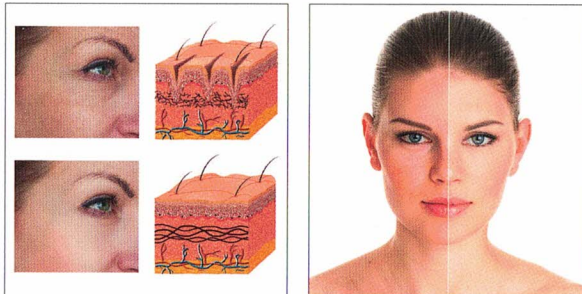
Swiss Made



*Drinking makes
you fit, beautiful
and vital!*

Getting older, but still feeling young and full of energy!

Besides enjoying a healthy lifestyle and a positive attitude towards life, selected vital substances can also help you feel full of energy and comfortable in your own skin. However, ensure to take an adequate dose of a supplement consisting of high-quality raw materials and use it as treatment. At the heart of modern anti-ageing medicine are natural vital substances such as collagen hydrolysate, astaxanthin, lycopene, coenzyme Q10, glucosamine sulphate as well as the vitamins C, E and especially the "anti-ageing" vitamin D3. With these micronutrients, the ageing process can be slowed down and you will feel energetic and full of beans.



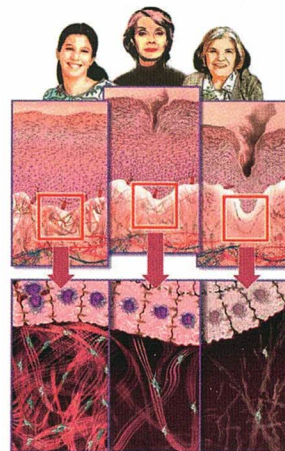
Collagen hydrolysate – a magical "anti-ageing" drug for the connective tissue

Collagen, which is responsible for skin elasticity and skin moisture, makes up 70% – 80% of your skin. It serves to tighten the skin from the inside. As early as from the age of 20, we lose more than one per cent of collagen every year, causing the skin's capacity to store moisture to decline. In the menopause, this phenomenon accelerates and the skin becomes dry and more sensitive.



The effect on the skin structure as an "anti-wrinkle treatment":

In studies, the intake of 10 g of collagen hydrolysate showed a clear improvement in the structure, elasticity and hydration of the skin after 12 weeks (28% more skin moisture). Wrinkles were significantly reduced by 26% to 30%! In order to properly incorporate collagen hydrolysate in the skin, a sufficient amount of vitamins C and E as well as astaxanthin must also be available!



Skin ageing: the collagen structure declines drastically.

Hyaluronic acid – filling material for skin and joints

Hyaluronic acid is a natural, high molecular weight, long-chain substance in the body that performs many roles – it regulates the water content in connective tissue and ensures that our skin remains smooth and elastic. In addition, taking hyaluronic acid has a positive effect on joints, tendons and ligaments.

Astaxanthin (natural carotenoid) for your skin and for more vitality

The anti-ageing properties of astaxanthin primarily affect the skin, the immune system and the eyesight. Astaxanthin also increases physical performance and prevent fatigue! Astaxanthin improves the elasticity and moisture content of the skin, reduces wrinkles and slows down the ageing process. As the famous American anti-ageing guru Nicolas Perricone once said on TV: "The intake of astaxanthin has the same effect as a facelift".

The combination of 10 g of collagen hydrolysate and astaxanthin is a real winner! In placebo-controlled studies, significant increases in activity after the daily intake of 4 mg astaxanthin have been proven in humans.

Astaxanthin promotes physical and mental wellbeing! It reduces eye fatigue, improves the eyes' ability to focus and has a protective antioxidant effect!

