



Naturemedies UK, EU & USA. A brand of E-Macro Initiatives  
 Suite no. G02, Kingsley House, 37-46 Balmoral  
 Road, Gillingham, Kent ME7 4NT

# Naturemedies Marine Collagen Beauty Boost

SKIN, HAIR AND NAILS FORMULA WITH MARINE COLLAGEN



Last updated: 12.01.23

Naturemedies Marine Collagen Beauty Boost 60 caps

**Usage:**

Take 1 to 2 capsules daily, preferably with meals.

Not suitable for vegetarians and vegans.

Source of collagen:

Our marine collagen (Type 1) is manufactured in France by Peptan, the leading collagen manufacturer.

2000 Dalton which is the perfect molecule size.

Fish Skin of the Tilapia and Pangasius

The fish are sourced from the following countries: Costa Rica, Ecuador, Brazil, Honduras, Mexico, Indonesia, Iceland, Vietnam and Taiwan.

Collagen is an important complex protein in the body that provides structural integrity to key areas such as the skin, hair, nails, bones, joints, tendons, ligaments, cartilage, teeth, gums and blood vessels.

But Naturemedies Marine Collagen Beauty Boost is more than just collagen. It contains a tailored combination of marine collagen, as well as a clever vitamin, mineral, herbal and nutrient complex that is designed to work from within to help protect the body on a cellular level against ageing and oxidative stress.

These synergistic ingredients also help to keep skin elastic, radiant and supple. Their actions are backed by science, with a number of EFSA approved health claims (see below), offering targeted nutritional supplementation to support both health and beauty.

**Marine collagen:**

Collagen is the primary ingredient in this supplement and it is obtained from marine sources - widely regarded as the highest quality, and most bioavailable source of collagen. This is then complemented by the inclusion of hand-picked vitamin, mineral, herbal and other nutrient allies.

**Vitamins:**

Vitamin B3 (niacin), vitamin C, vitamin E and biotin.

**Minerals:**

Silica, zinc, copper and selenium.

**Herbs and other nutrients:**

Pomegranate, hyaluronic acid (providing ellagic acid), grapefruit seed, rosemary leaf, pine bark and astaxanthin.

**# Approved EFSA health claims:**

Biotin contributes to normal energy-yielding metabolism, normal functioning of the nervous system, normal macronutrient metabolism, normal psychological function, normal hair and skin and the maintenance of normal mucous membranes.

Vitamin B3 (niacin) contributes to normal psychological function, normal energy-yielding metabolism, normal functioning of the nervous system, the maintenance of normal mucous membranes, the maintenance of normal skin and the reduction of tiredness and fatigue.

Vitamin C contributes to maintaining the normal function of the immune system. It also contributes to normal collagen formation for the normal function of blood vessels, bones, cartilage, gums, skin and teeth, normal energy-yielding metabolism, normal functioning of the nervous system, normal psychological function, protection of cells from oxidative stress, the reduction of tiredness and fatigue, the regeneration of the reduced form of vitamin E and increases iron absorption.

Vitamin E contributes to the protection of cells from oxidative stress.

Zinc contributes to normal DNA synthesis, normal acid-base metabolism, normal carbohydrate metabolism, normal cognitive function, normal fertility and reproduction, normal macronutrient metabolism, normal metabolism of fatty acids, normal metabolism of vitamin A, normal protein synthesis, the maintenance of normal bones, the maintenance of normal hair, nails and skin, the maintenance of normal testosterone levels in the blood, the maintenance of normal vision, the normal function of the immune system, the protection of cells from oxidative stress and it has a role in the process of cell

division.

Copper contributes to the maintenance of normal connective tissues, normal hair pigmentation, normal skin pigmentation, protection of cells from oxidative stress, normal function of the immune system, normal functioning of the nervous system, normal energy-yielding metabolism and normal iron transport in the body.

Selenium contributes to the maintenance of normal hair, the maintenance of normal nails, the normal function of the immune system, normal thyroid function and the protection of cells from oxidative stress.

Marine collagen: Collagen is the primary ingredient in this supplement (400mg per capsule) and it is obtained from marine sources - widely regarded as the highest quality, and most bioavailable source of collagen. In fact, fish collagen is absorbed up to 1.5 times more efficiently into the body and has superior bioavailability over bovine or porcine collagens. Since it's absorbed more efficiently and enters the bloodstream more quickly, it's considered the best collagen source for health purposes.

Fish collagen is a complex structural protein that helps maintain the strength and flexibility of skin, ligaments, joints, bones, muscles, tendons, blood vessels, gums, eyes, nails and hair. It's a type I collagen, which is the most abundant collagen in the human body. Type I is best known for providing the foundation for beautiful skin, strong connective tissues and sturdy bones.

Fish collagen peptides have very specific amino acid compositions with a high concentration of glycine, hydroxyproline and proline. When fish collagen is ingested, hydroxyproline peptides are not completely digested to free amino acids and can be detected in the blood. These hydroxyproline peptides stimulate cells in the skin, joints and bones, and lead to collagen synthesis through cell activation and growth. Marine collagen is a fibrous protein extracted from the scales, skin, bones and fins of fresh and saltwater fish, including cod and salmon. Since these parts are considered waste products during fish processing, using them to create other products helps reduce environmental pollution.

Slows effects of ageing Marine collagen has antioxidant properties that have been used in skin-care products to prevent or even repair the damage caused by environmental factors, such as UV rays and low humidity, as well as damage associated with the ageing process. Researchers at Beijing University's School of Public Health in China explored the effects of marine collagen peptides on the skin of aging mice. In findings published in the April 2008 issue of the Chinese Journal of Preventive Medicine, the researchers reported that test animals given oral doses of marine collagen peptides showed a significant thickening of their epidermis, as compared with mice in the control group. Researchers also reported a sharp increase in the number and activity of fibroblasts in the skin of mice treated with marine collagen. Fibroblasts are cells that play a key role in the creation of new connective tissue, such as skin.

**Promotes Bone Growth**

Another research group at Beijing University's School of Public Health conducted an animal study to determine what, if any, effect marine collagen peptides had on bone development. Specifically, they looked at how peptide supplementation affected the development of long bones in growing rats. They used marine collagen extracted from the scales of chum salmon and focused on femur development in test animals of both sexes. Their study, published in the July 2010 issue of the Journal of the Science of Food and Agriculture, concluded that marine collagen supplements significantly increased the size, mineral density and toughness of femurs in male rats but produced less impressive results in female test animals. They suggested more and broader studies to confirm marine collagen's effects on other animal and human subjects.

**Wound healing**

The ability of a wound to heal (and the speed with which this happens) is ultimately dependent on the presence of collagen, which is essential to wound healing because it helps the body form new tissue. Type I collagen is the most abundant structural component of the dermal matrix, so it makes perfect sense that having more type I collagen in your body might help wounds to heal faster. It was previously believed that collagens were just structural supports. Now we know that collagen and collagen-derived fragments control many cellular functions, including cell shape and differentiation, cell migration, as well as the synthesis of a number of important proteins. Collagen also plays a critical role in all phases of wound healing: hemostasis, inflammation, proliferation and remodeling.

**Antibacterial abilities**

Research out of Canada published in 2016 found that fish collagen has yet another impressive component - collagencin, which is an antibacterial peptide from fish collagen. This recent study found that collagencin completely inhibited the growth of Staphylococcus aureus, more commonly known as staph or staph infection.

Pomegranate: Native to Iran, the Himalayas and northern India, the pomegranate is high in vitamins A, C, E and iron, and is often referred to as a "fruity panacea" because of its numerous health benefits. It is an important traditional remedy in many ancient systems of medicine; in Ayurvedic medicine, for example, the rind of the fruit is used against diarrhoea, dysentery and intestinal parasites. It is now known that the rind contains ellagitannins that are anti-bacterial, anti-viral, anti-parasitic, anti-inflammatory and astringent. The medicinal applications of pomegranate, known to ancient medical systems for centuries, are now being validated through empirical evidence gleaned from scientific investigation.

In recent years, a number of studies have surfaced which describe the therapeutic uses of pomegranate in areas such as rheumatology and cardiology. For instance, the anti-inflammatory properties of pomegranate polyphenols have been shown to offer protection against atherosclerosis and cardiovascular disease.

Many cosmetic preparations also include pomegranate polyphenols, because they have been proven to protect the skin from sun damage and to promote the production of collagen.

Vitamin C: Vitamin C contributes to maintaining the normal function of the immune system. It also contributes to normal collagen formation for the normal function of blood vessels, bones, cartilage, gums, skin and teeth, normal energy-yielding metabolism, normal functioning of the nervous system, normal psychological function, protection of cells from oxidative stress, the reduction of tiredness and fatigue, the regeneration of the reduced form of vitamin E and increases iron absorption.

Hyaluronic acid: Hyaluronic acid is a glycosaminoglycan, which is a polysaccharide (essentially a very large sugar). It is naturally occurring in connective tissue throughout our bodies, with 50 percent of it being found in our skin. It is one of the major components of our extracellular matrix (the framework in which our skin cells sit) and it also has an important role in retaining moisture, as one molecule alone can hold up to 1000 times its own weight in water. Skin cells naturally produce hyaluronic acid, in order to maintain moisture levels. However, factors such as the ageing process, diet and environmental aggressors can mean that those levels drop. This can lead to sensitivity, dullness, fine lines and uneven tone and texture.

Vitamin B3 (niacin): Vitamin B3 contributes to normal psychological function, normal energy-yielding metabolism, normal functioning of the nervous system, the maintenance of normal mucous membranes, the maintenance of normal skin and the reduction of tiredness and fatigue.

Grapefruit seed: Grapefruit seed contains high potency phyto-chemicals and is known for its broad-spectrum anti-bacterial and anti-parasitic properties. It supports the digestive system and immune system against infections and is used to treat dysbiosis and help maintain balanced bowel flora. Because it also promotes skin health and healing, it is sometimes used in body washes, lotions and creams, and as a healing additive to foot soaks.

Rosemary leaf: As a potent antioxidant, the nutrients in rosemary leaf can help to protect skin cells from damage often caused by the sun and free radicals. It also has anti-inflammatory, anti-microbial and skin toning properties.

Pine bark: Pine bark is one of nature's super antioxidants. It is rich in oligomeric proanthocyanidin compounds (OPCs), the same active ingredient that can be found in grapeseeds, the skin of peanuts and witch hazel bark. While the OPCs in pine bark are mostly known for their antioxidant-producing benefits, these compounds also have antibacterial, antiviral, anti-ageing, anti-inflammatory and anti-allergic properties. Silica: Silica, made up of the most common elements on earth - silicon (Si) and oxygen (O2) - is essential for the body to create and maintain collagen. Many ageing problems are a direct result of the body's inability to maintain adequate collagen, e.g. joint deterioration, brittle bones, hardening of the arteries, dry skin, weakened teeth and gums etc. When we are young, silica levels in the body are high and our bones and joints are flexible; skin is supple and glowing. As we age, silica levels decline and without adequate tissue levels of silica, we manifest many of the signs of ageing.

Zinc: Zinc contributes to normal DNA synthesis, normal acid-base metabolism, normal carbohydrate metabolism, normal cognitive function, normal fertility and reproduction, normal macronutrient metabolism, normal metabolism of fatty acids, normal metabolism of vitamin A, normal protein synthesis, the maintenance of normal bones, the maintenance of normal hair, nails and skin, the maintenance of normal testosterone levels in the blood, the maintenance of normal vision, the normal function of the immune system, the protection of cells from oxidative stress and it has a role in the process of cell division.

Copper: Copper is a trace chemical element, and key component in collagen production. Skin with plenty of collagen tends to be firm, elastic, and youthful-looking. As our bodies age, collagen formation slows down. This reduction in collagen formation manifests itself in wrinkles, saggy skin, and a lack of elasticity.

This slowing down of collagen production is correlated with a decreased presence of "GHK-cu copper peptides" in blood plasma as we age. Studies have shown that at age 20, GHK-cu copper peptides exist in a concentration of about 200 ng/mL in blood plasma (that's 200 nanograms per milliliter). By the age of 60, that number decreases to about 80 ng/mL.

These peptides are small fragments of protein that bind with copper, which is found in trace amounts throughout the body's cells. When these peptides are at work, they encourage blood vessel growth, help promote skin regeneration, stimulate collagen, and boost antioxidant activities. Essentially, copper acts as a conveyor that carries nourishing, restorative proteins to the skin. When there's not enough copper in the body to carry out this work, the visible signs of ageing become more obvious.

Astaxanthin: Astaxanthin is a naturally-occurring, pink pigmented carotenoid and antioxidant. In terms of its antioxidant abilities, astaxanthin is around 40 times more powerful than beta-carotene, 6000 times more effective at mopping up free radicals than vitamin C and 550 times more 'active' than vitamin E and green tea, as evidenced in clinical studies carried out by Dr Debasis Bagchi at Creighton University in the US. This means that the skin is protected, throughout the dermal layers, from free radical damage, responsible for the ageing process. In addition, astaxanthin protects the skin from the sun's damaging UV rays, improves the elasticity of the skin, helping it to stay plump and wrinkle-free, and stimulates collagen production.

Vitamin E: Vitamin E is both a nutrient and antioxidant and a highly beneficial ingredient for the skin, especially when it is combined with other antioxidants. Scientific studies show us that it has very specific benefits to the skin:

- It protects the skin from environmental pollution
- It has a protecting action against UV radiation
- It has anti-inflammatory action (which can help to prevent the signs of premature ageing, as inflammatory conditions in the skin are a leading cause of skin ageing)
- It has excellent wound healing properties
- It enhances and helps with the penetration of other compounds into the skin and is itself well absorbed by human skin.

Biotin: Biotin contributes to normal energy-yielding metabolism, normal functioning of the nervous system, normal macronutrient metabolism, normal psychological function, normal hair and skin and the maintenance of normal mucous membranes.

Selenium: It's found in the soil, water and in some foods and can play a big part in our skin's health. While it's best known as an antioxidant, this essential mineral is a component of more than two dozen proteins that influence everything from skin health to reproduction, the making of DNA, thyroid function and immune response. Selenium neutralises free radicals and other skin-damaging compounds before they can lead to wrinkles. It's similar to vitamin E and actually works with the vitamin to safeguard cell membranes, the protective coating around cells. That makes selenium a key player when it comes to slowing the signs of ageing. In fact, research has shown that it is a triple threat, protecting against UV-induced cell damage, skin inflammation and pigmentation.



Please SCAN the QR-Code to find out more information and related products

