

Collagen in practice

How to choose it, how to take it and when to judge the results. A short guide for anyone who wants to look after their skin, joints and bones.



BestLab information leaflet. A food supplement is not a medicine.

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„Statistically we lose between one and one and a half percent of our collagen every year for the rest of our lives. That is why collagen supplementation matters for people past the age of thirty.“

Olga Grech

Author of the BestCollagen formula

1 Collagen in a nutshell

Collagen is the main structural protein of connective tissue. It is part of the skin, bones, teeth, cartilage, tendons, ligaments and muscles. The skin alone is made up of it in around 75 percent.

The body produces it on its own, but after the age of twenty-five that production gradually slows down. You notice it first in the mirror, as less elastic skin, and later you feel it in your joints and in being more prone to injury.

A supplement will not stop that process, but it supplies the building blocks and, just as importantly, vitamin C, without which the body cannot build its own collagen.

Two terms worth telling apart

- **Gelatine** is partly broken down collagen. Large molecules, absorbed less well.
- **Collagen peptides** are hydrolysed collagen, cut into short fragments. This is the form the body absorbs and the one the research is about.

2 How to read a collagen label

This is the most practical part of the guide. The differences between products on the shelf are enormous, and you only see them in the composition table, not on the front of the box.

1 The dose per serving, not the size of the pack

Studies on skin and joints usually used doses of several grams a day. A product with 500 mg of collagen in a capsule would need ten capsules to come close to those figures. Always check the milligrams in the daily portion.

2 Peptides, meaning the hydrolysed form

The label should say "hydrolysed collagen peptides", not just "gelatine" or "collagen". In terms of absorption these are not the same thing.

3 The source of the collagen

Marine, bovine or porcine. Marine is valued for good absorption and is the only one suitable for people avoiding pork and beef. It is worth checking whether the manufacturer states the origin of the raw material.

4 Vitamin C in the composition

This is a requirement, not an extra. Vitamin C contributes to normal collagen formation, so without it you are delivering bricks without mortar. Check whether it is there and in what amount.

5 Batch testing and a clean composition

Reputable manufacturers test every batch in an independent laboratory: microbiology, purity from heavy metals, absence of gluten. The composition should contain no artificial colours or fillers.

3 When it is worth considering

Collagen is not a product for everyone at every stage of life. Below are the situations in which people reach for it most often and in which it makes sense.

- After thirty, when your own collagen production clearly slows down.
- When you want to support the health of your skin.
- When healthy bones and joints matter to you.
- When you train with weights and want to support the growth and maintenance of muscle mass.
- When you want to protect your cells from oxidative stress.

BestCollagen contains fish products. Do not use if you are allergic to fish.

4 How to take it properly

Serving	One sachet, 8.4 g.
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Preparation	Dissolve in at least 200 ml of water and drink.
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When	After a meal.
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Consistency	Every day. This is the one condition that really decides the outcome.
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Storage	Room temperature, dry, away from moisture and light.
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The amount of water is not accidental. With less liquid the powder dissolves poorly and the drink becomes thick, which is why people simply stop drinking it.

You can dissolve the sachet in cold water. Avoid hot drinks, because high temperature puts unnecessary strain on the vitamins in the product.

5 When to judge the results

This is the question we hear most often, and the one most often answered badly. Collagen is not a cosmetic whose effect you see after a week. The body has to break down the peptides, deliver them to the tissue and only then build them in.

In studies on the effect of collagen peptides on skin, results were usually assessed after a period counted in weeks, not days. Assume that your first sensible assessment comes after eight to twelve weeks of daily use.

A practical tip: take a photo at the start. Changes happen slowly and looking in the mirror every day is the worst way to measure them.

Why most people see no effect

- They stop in the third week, before anything could have happened.
- They take a dose several times lower than the one used in studies.
- They choose a product without vitamin C, so the ingredient needed for the body's own collagen production is missing.

6 Six most common mistakes

1 Judging after two weeks

Too short to see anything. First assessment after eight to twelve weeks.

2 Choosing by the price of the pack

What counts is the price per serving and the milligrams of collagen in that serving, not the figure on the shelf.

3 A product without vitamin C

You deliver the building blocks, but the ingredient that contributes to collagen formation is missing.

4 Too little water

Below 200 ml the powder dissolves poorly and the drink becomes unpleasant.

5 Taking it irregularly

A sachet drunk whenever you remember will not build anything lasting.

6 Treating collagen as a replacement for a diet

It is an addition to a varied diet, not a substitute for it.

7 Questions we are asked most often

What is this collagen made from?

From collagen peptides obtained from the skins of wild-caught cod from the North Atlantic, in line with a sustainable fishing policy.

Does the product contain allergens?

Yes, it contains fish products. Do not use in case of fish allergy.

Does it contain gluten?

No. Every batch is tested for the presence of gluten, so the product can also be used by people with coeliac disease.

Can it be used during pregnancy and breastfeeding?

Most BestLab supplements can be, but during this period we always recommend consulting a doctor first.

Where does the intense colour of the drink come from?

From beetroot juice concentrate, which is one of the ingredients. It is a natural colour, with no artificial colourings.

Where are BestLab supplements made?

In Poland, in facilities meeting high quality standards. Every batch is tested in the independent JS Hamilton laboratory: microbiology, purity from heavy metals and testing for the presence of gluten.

8 BestCollagen composition

Content per recommended daily portion, one 8.4 g sachet.

Collagen peptides from the skins of wild-caught cod	5000 mg
Sea buckthorn fruit extract 10:1	1000 mg
of which vitamin C	70 mg (88%)
Rose hip fruit extract 20:1	500 mg
of which vitamin C	250 mg (313%)
MSM (methylsulfonylmethane)	500 mg
Beetroot juice concentrate	300 mg
Vitamin E	40 mg (333%)
Vitamin A	400 µg (50%)

Collagen per serving	5000 mg
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Figures in brackets are the percentage of the Nutrient Reference Value. Pack contents: 30 sachets of 8.4 g. Ingredients: hydrolysed collagen peptides from the skins of wild-caught cod, sea buckthorn fruit extract standardised to 7% vitamin C, rose hip fruit extract standardised to 50% vitamin C, methylsulfonylmethane (MSM), natural flavourings, beetroot juice concentrate, tocopherol mix (vitamin E), retinyl palmitate (vitamin A).

Authorised health claims for the ingredients of this product

- Protein contributes to the maintenance of normal bones.
- Protein contributes to the growth and maintenance of muscle mass.
- Vitamin C contributes to normal collagen formation for the normal function of skin, bones and cartilage.
- Vitamin E contributes to the protection of cells from oxidative stress.
- Vitamin A contributes to the maintenance of normal skin.

A food supplement is not a medicine and must not be used as a substitute for a varied diet. A balanced diet and a healthy lifestyle are important for the functioning of the body. Do not exceed the recommended daily portion. Contains allergens: fish products, do not use in case of allergy. Do not use in case of hypersensitivity to any of the ingredients. Pregnant and breastfeeding women should consult a doctor before use. Keep out of the reach of small children.

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