



# Collagen Elixir FAQ

## Is there a difference between hydrolyzed collagen and collagen peptides?

There is no difference. Hydrolyzed collagen and collagen peptides are two names for the same ingredient. Hydrolyzed collagen is collagen that has been broken down into collagen peptides. Collagen naturally occurs in the form of long twisted fibers that are difficult for the body to digest.

Collagen peptides are created by special enzymes that break hard-to-digest collagen fibers into small pieces in a hydrolysis reaction. These short collagen pieces, or peptides, are quickly absorbed and easy for the body to use in building new collagen.

## What are the benefits of type I collagen?

There are many types of collagen. Type I collagen is the building block of our skin's structure, making up around 80% of our skin's dermal layer. Our bodies produce collagen naturally, but its production begins to decrease as we age. Collagen supplementation has been shown to be beneficial for maintaining healthy and hydrated skin. Marine collagen is composed mostly of type I collagen and is rich in unique, specialized amino acids that have targeted benefits for skin health and support the body's natural production of collagen.

## Is Collagen Elixir packaging recyclable?

Yes, our Collagen Elixir™ packaging is 100% recyclable. Please dispose of the glass bottle and box responsibly.

## Can I take Collagen Elixir if I am pregnant or breastfeeding?

While Collagen Elixir contains food-based ingredients that may be suitable for pregnant or nursing women, it's always best to consult with your doctor before using any dietary supplements.

## At what age can someone start to consume Collagen Elixir?

Collagen Elixir is suitable for people ages 16 and up.

## How many servings should I take per day?

We recommend enjoying one serving of Collagen Elixir each day.

## Is Collagen Elixir Cleanse Day approved?

Yes, Collagen Elixir can be consumed on Cleanse Days and has a value of 2 Cleanse Credits per serving when using the Cleanse Day Tracker. Please refer to our Cleanse Day Tracker for more information on Cleanse Day-approved snack options.

## Can men take Collagen Elixir?

Absolutely! We are all made up of collagen and experience the same effects from the natural decline in collagen production through the aging process.

## Can I take Collagen Elixir if I am allergic to fish?

No, Collagen Elixir is not suitable for individuals with fish allergies.

## Where is marine collagen sourced?

The marine collagen in Collagen Elixir is sourced from wild-caught, cold-water fish from waters off the coast of

Norway following strict, environmentally friendly practices.

### **How does Isagenix assure the purity of the hydrolyzed collagen peptides?**

The hydrolyzed collagen peptides in Collagen Elixir are derived from Scandinavian, cold-water cod, pollock, and haddock that are generally lower in mercury compared to top-of-the-food-chain fish like tuna and swordfish. Once the collagen has been purified to hydrolyzed collagen peptides, the raw material is tested for mercury and heavy metals to ensure purity, quality, and safety. In addition to the raw material testing, Isagenix sends every finished batch of Collagen Elixir for third-party independent testing, which includes mercury and heavy metals.

Isagenix follows a strict no-compromise commitment and prioritizes the purity, safety, and efficacy of all products.

### **US Legal Disclaimer**

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