

Supplement Facts

Servings Per Container: 20

Serving Size: 20 g (1 level scoop)

	Amount Per Serving	% Daily Value
Calories	80	
Sodium	105 mg	5%††
Protein	18 g	36%††
Multi-Collagen Complex	20 g	*
Hydrolyzed Bovine, Avian Sternum and Eggshell Membrane Collagen Peptides		
Bioactive Silicon (from orthosilicic acid)	10 mg	*

†† Percent Daily Values Based on a 2,000 calorie diet.

* Daily Value not established

Contains: Ingredients derived from eggshell membrane.

This product is gluten and dairy free.

Contains 20 grams of collagen peptides per serving.

DIRECTIONS: Mix one (1) level scoop of **Optimal Collagen** in eight to twelve (8-12) ounces of water or beverage of your choice, or as otherwise directed by a healthcare professional.

Typical Amino Acid Profile Per Serving:

Alanine	1,500 mg	Leucine [†]	100 mg
Arginine	1,500 mg	Lysine	600 mg
Aspartic acid	1,200 mg	Methionine	100 mg
Glutamic acid	2,200 mg	Phenylalanine	400 mg
Glycine	3,700 mg	Proline	2,000 mg
Histidine	100 mg	Serine	600 mg
Hydroxylysine	200 mg	Threonine	300 mg
Hydroxyproline	2,100 mg	Tyrosine	100 mg
Isoleucine [†]	300 mg	Valine [†]	400 mg

† Branch chain amino acids

KEEP OUT OF REACH OF CHILDREN

Store in a cool, dry area. Sealed with an imprinted safety seal for your protection.

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