# 纯美肌骨膠原蛋白
# PURE MARINE COLLAGEN 500
Nutritional Approach To Anti Aging Skin Care

## Who should take Marine Collagen?
Up to 30% of protein in the body is collagen and up to 70% of the protein in the dermis and connective tissues are composed of collagen. [1-3] It contributes to the composition of ligaments, tendons, cartilage, bone, skin & blood vessels. [1-3] Collagen is the most abundant protein in the body. With the sufficient amount of collagen, muscles and connective tissues can naturally repair themselves by reproducing their own type of tissues. [1-3]

Starting from the age of 25, your collagen level reduces by about 1.5% every year as part of the aging process. [4-5] Reduced level of collagen is especially noticeable because the skin loses its elasticity and becomes prone to sagging with age. [3-6] This reduction in collagen also leads to fatigue of our body, pain in the joints and muscles and extension of recovery time from injuries. [3-6] By the age of 45, collagen level in our body will reduce by 30%. [4-6] The amount of collagen and health status are the vital factors to cause our skin aging.

## Importance of Marine Collagen
Collagen is essential for normal growth and development of muscles, tendons and bones. [1-3] It provides the strength and elasticity that our body tissues required to stretch and recoil. [1-3] Studies have shown that marine collagen can effectively supply our body with collagen. [7] Not only is this beneficial to our muscles and joints, it also promotes healthy skin, hair and nails. [7]

## Natural Resources Safe to use
Marine collagen is a protein derived from the substance found on fish scales. [7] This product contains high quality collagen which is sourced from unpolluted deep sea fish in New Zealand.

## Beneficial effects of amazing Marine Collagen
*Plumps up the skin [8]
*Keeps the skin moist and firm [8]
*Reduces fine lines, wrinkles, stretch marks and scars [6,8,9,12]
*Reduces cellulite on the skin [10]
*Improves skin elasticity [6,8]
*Rejuvenates skin tone [6]
*Whitens dark spots and make scars less noticeable [8, 12]
*Helps to achieve glowing radiant complexion [8]
*Improves muscle strength and joint flexibility [11]
*Maintains healthy cartilage and supply synovial fluid in joints [11]
*Improves hair quality and thickness [7]
*Strengthens nail structure (makes them less likely to chip) [7]

## Treatment period
(a full course treatment usually last for about 3 to 4 months)
Within a month: Moisture will be held in the skin and as a result, oil secretion will be reduced. Skin complexion will be softened and dead skin cells will be exfoliated. Hair becomes smooth.
1st to 2nd months: Color spot, wrinkles and pimple marks will diminish. Skin tone and texture will become firmer.
2nd to 3rd months: Dark circles, fine lines, dark spots and pimple marks will disappear. The skin will undergo a visible change of youthful contour. Skin repair capability will be strengthened and therefore help to protect the skin against sunlight and UV radiation.
3rd to 4th months: Skin basement membrane of the whole body will be strengthened. Hair and nails will become thicker and stronger. Marine Collagen leaves skin youthful and healthy looking. Skin becomes soft, silky smooth and super hydrated.

## Direction:
Adult: Take 1 capsule 2 times daily as dietary supplement. Use lukewarm water to avoid damaging the structure of collagen.

**References:**

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Manufactured By:
GMP Pharmaceuticals Ltd
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