Nutrileigh Natural Collagen



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ABOUT USNutrileigh Natural believes in natural solutions for health and wellness.Our products are offered to you in pure form, free from additives, fillers, flavours and sweeteners.We are dedicated to providing high-quality products that you will love.WHAT IS COLLAGEN?Collagen is a protein which is found abundantly throughout the body. As we age, our body slows down the collagen making process; we see this when we develop wrinkles, brittle nails, sore joints etc.Supplementing with collagen can assist the body in producing this protein.Collagen powder is an excellent source of protein and essential amino acids.Collagen holds GRAS status (Generally Recognized as Safe) and is also safe for children, during pregnancy and while breastfeeding.BENEFITS OF COLLAGENStrengthens hair & nails and stimulates hair & nail growth.Minimizes wrinkles & fine lines and slows down the ageing process.Supports joints & relieves joint pain.Reduces stretch marks and improves skin appearance & elasticity.Repairs tendons & ligaments.Promotes weight loss & supports metabolism.Aids muscle recovery.Improves gut health.And many more...HOW TO TAKE COLLAGEN2-3 heaped teaspoons (10-20g) per day. Blend into hot or cold beverages.It can be taken in coffee, tea, juice, water, smoothies and even in soup or stews.It is suitable for baking and cooking.

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