

# Collagen & Your Body

Collagen is the most abundant protein (25%) in your body.

Collagen contains an amino acid called Glycine which can help increase serotonin levels without increasing dopamine levels – providing for a better quality of **sleep**.

Collagen helps give **skin** its structure and strength and helps it retain moisture and elasticity.

Collagen helps to support lean muscle to burn fat more efficiently which could lead to **weight loss**.

Collagen helps heal the lining of the **stomach and digestive tract** as well as aid in digestion.

Collagen supports cartilage, tendons, muscles, and ligaments in **joints** for better flexibility and less pain.

Collagen helps reinforce the structure of **bone minerals**.

*"It's estimated that after the age of 30, collagen production could decrease by 1% a year; so by age 50, the body could lose 20% of its capacity to produce collagen."*