

Life Force Global Pty Ltd

Unit 16, 1 Cowpasture Place

Wetherill Park, NSW 2164

Web: www.lifeforceglobal.com.au



VC Liquid Collagen Complex

Collagen is an essential compound in human (omnivore) health. It composes twenty-five percent of all protein in the human body, and is synthesized from carbohydrates, proteins and lipids (fats). Life Force VC Collagen, 5-10mls daily in water, has been measured in trials to increase body collagen.

Collagen is a major part of our connective tissue, which is found virtually everywhere in our body. Our bones, bone marrow, bone muscle, tendons, ligaments, blood vessels and skin are all dependent on collagen to function. Skin aging, evident through fine lines and wrinkles, is directly attributed to the breakdown of collagen.

Collagen is also involved in a critical pathway for bone regeneration, and is just as important as calcium to maintaining optimum bone health. It is critical for the health of:

- *Eyes*
- *Hormone (Endocrine) System*
- *Immune System*
- *Fat Metabolism*
- *Reproductive System*
- *Teeth*
- *Circulatory System*
- *Motion System*
- *Skeletal System*
- *Nervous System*
- *Hair and Skin*
- *Digestive System*
- *Muscle Tissue*
- *Detoxification*

The degradation and lack of healthy collagen is a natural and inevitable process. As we age, the production of collagen in the body naturally slows down, and can be the cause of many of the aches and pains we associate with getting older. Higher levels of collagen deficiency due to an inadequate diet can lead to many serious diseases connected with skeletal and structural disorders. As collagen is responsible for the well-being and elasticity of the skin, often the most obvious signs of collagen deficiency are wrinkles, lines and loose skin on the neck and face.

Natural Sources of Collagen

Humans generally need a balance between carbohydrates, proteins and saturated fats to assimilate collagen. This means a balance of plant and meat in the diet. Despite millions being spent each year on collagen replacement crèmes in the cosmetic industry, many experts believe that collagen cannot be absorbed through the skin. The most effective agreed pathway for collagen assimilation is in fact through the digestive system.

VC extracts collagen from these sources (seasonable variation apply) include;

- *Slow cooks which include bones with marrow and bone muscle (from organic farms: osso bucco, chicken legs, whole fish, etc)*
- *Organic grown Garlic*
- *Soy Beans & Soy Bean Products (non GMO)*
- *Organic Red Fruits and Vegetables (eg beetroot, red cabbage, red onions etc)*
- *Organic Tomatoes*
- *Organic Dark Green Vegetables (especially Kale)*