

# MENS COLLAGEN

## HYDROLYSED COLLAGEN PEPTIDES



## JOINTS, MUSCLE & RECOVERY

**CEN Collagen** is an essential protein in your body that helps promote healthy bones, joints, skin and hair.

NUTRITIONAL INFORMATION (26 SERVE)	
AVERAGE QUANTITY:	PER SERVE (SCOOP 15g)
Energy	233kj (56 Cal)
Protein	13.5 g
Fats Total	0.0 g
Saturated	0.0 g
Carbohydrates	0.0 g
Sugar	0.0 g
Dietary Fibre	0.0 g
Sodium	31 mg

INGREDIENTS
Hydrolysed Bovine Collagen Peptides, Sodium Ascorbate (Vitamin C)

Recommended Amount (1 scoop = 15g)

AMINO ACIDS	Grams per serve
Alanine	1.16g
Arginine	0.99g
Aspartic acid	0.78g
Glutamic acid	1.38g
Glycine	3.00g
Histidine	0.14g
Hydroxyproline	1.61g
Isoleucine	0.19g
Leucine	0.36g
Methionine	0.12g
Phenylalanine	0.28g
Proline	1.71g
Serine	0.43g
Threonine	0.24g
Lysine	0.49g
Hydroxylysine	0.22g
Tyrosine	0.11g
Valine	0.32g
VITAMIN	
Vitamin C	200mg



**PROMOTES  
MUSCLE RECOVERY**



**ADDED  
VITAMIN C**



**BONE & JOINT  
SUPPORT**