

TAM PLENUS  
SWITZERLAND

# HIGH COLLAGEN<sup>®</sup>

## Premium Collagen Shots

High-dosed with 10,000 mg collagen peptides / shot

Select other languages



## HIGH COLLAGEN – EFFECTS ON BEAUTY & SKIN

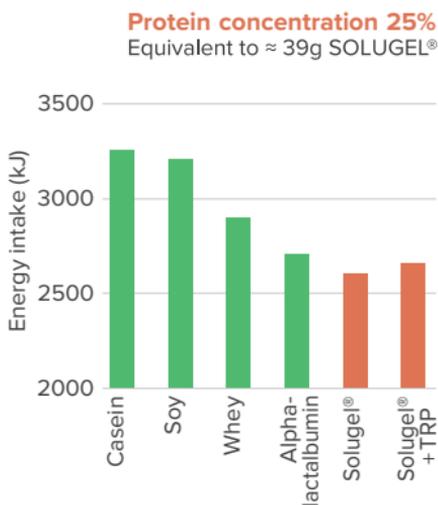
As a structural protein, collagen provides tensile strength to our connective tissues and is found wherever elasticity and strength are important in our body. Healthy collagen levels are essential for:

- Enhances skin elasticity and firmness
- Smooths fine lines and wrinkles
- Promotes hydration for a youthful glow
- Strengthens and firms connective tissues
- Supports the reduction of cellulite

<b>+17%</b>	<b>ELASTICITY</b>	Several clinical studies have confirmed that the daily intake of <b>10g/day</b> of collagen peptides for 4 to 12 weeks has a positive effect on the moisture content, elasticity, fine lines and smoothness of the facial skin.
<b>+14%</b>	<b>HYDRATION</b>	
<b>+11%</b>	<b>FIRMNESS</b>	

## STUDY ON SATIETY & WEIGHT MANAGEMENT

High Collagen provides long-lasting satiety and delays hunger

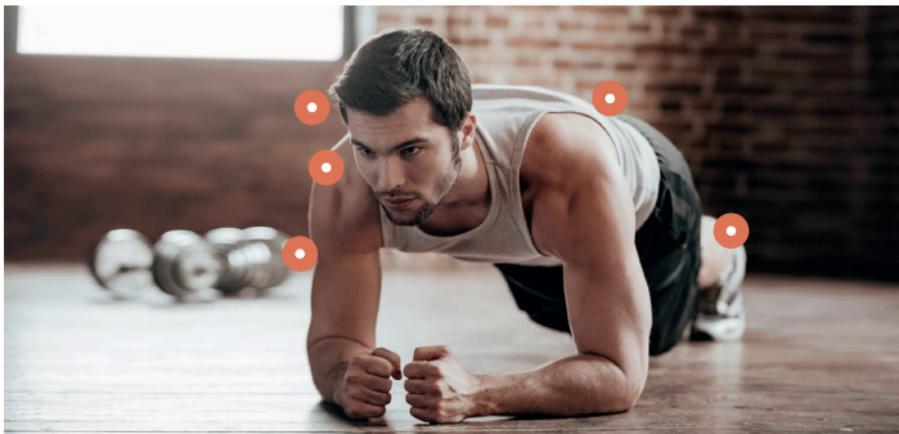


Dietary protein plays a significant role in body weight regulation, partly due to its effects on satiety.

A randomized, single-blind clinical study, conducted with SOLUGEL® collagen peptides, evaluated the satiety effect of different proteins during breakfast and their impacts on the energy intake at lunch.

High Collagen is the ideal protein source to support your weight management diet.

## STUDIES ON PHYSICAL ACITIVITY & PERFORMANCE



### 1. Pre-Workout

- Supports injury prevention
- Protects joints
- Fast-absorbing protein for immediate energy

### 3. Post-Workout

- Supports tissue recovery
- Reduces joint pain
- Anti-inflammatory & antioxidant effects

### 2. During Workout

- Supports creatine production
- Helps fight fatigue
- Fast-absorbing protein for sustained energy

### 4. Overall Benefits

- Highly digestible, fast-absorbing protein
- Supports connective tissue recovery
- Helps reduce pain & inflammation

## STUDIES ON JOINT HEALTH BENEFITS



**Improves** joint function and strengthens joint structure

**Increases** mobility for daily activities

**Reduces** joint discomfort, pain, stiffness, and swelling

**Supports** cartilage health and helps slow cartilage tissue degeneration

**HIGH COLLAGEN** for beautiful skin, hair & nails, strong connective tissue as well as healthy joints, tendons & bones

## WHY HIGH COLLAGEN? – HIGHLIGHTS

### High Dosage:

Each daily shot delivers 10,000 mg of premium collagen peptides.

### Delicious Taste:

Because great taste matters during a 3-month course.

Natural ingredients, sugar-free, with a refreshing cassis-cherry flavour.

### Easy to Use:

Enjoy the shots pure – no preparation required, at home or on the go.

### Clinically Proven:

The benefits of HIGH COLLAGEN are supported by multiple clinical studies.

### Optimal Absorption:

The collagen peptides in HIGH COLLAGEN are enzymatically broken down into smaller molecules for high bioavailability and maximum effectiveness.



Tam Plenus Switzerland

+41 41 210 08 06 | info@tam-plenus.ch | www.tam-plenus.ch

