



THE ONLY SUPPLEMENTS YOU NEED TO GET THE BODY YOU WANT.

# THE DEFINITIVE GUIDE TO COLLAGEN SUPPLEMENTS



If you're like, well, most everyone, you have at least a little bit of joint pain.

Maybe it's your shoulder, or your knee, or your hips, and maybe the pain comes and goes or maybe it lingers.

Maybe you've tried things to sort it out like stretching, resistance training, foam rolling, anti-inflammatories, and natural supplements like glucosamine chondroitin, only to be disappointed.

**And now you're looking for information on yet another supplement that promises to finally soothe your joint pain—collagen.**

Can it? Well, the long story short is yes, it absolutely can.

As with all natural supplements, some work better for some people than others, but there is good scientific evidence that collagen can indeed reduce joint pain and inflammation and even benefit people with healthy joints.

### **WHAT IS COLLAGEN?**

Collagen is the main component of your body's connective tissues, which means it serves as the primary building block for various things in it, including your skin, teeth, cartilage, bones, and tendons.

The collagen found in supplements comes from the connective tissue in animals, such as cows, chickens, and fish, and while there are over 37 different kinds of collagen in animals, they can be divided into two main categories:

- ✓ Type I collagen is the most abundant collagen of the human body, and is present in scar tissue, tendons, ligaments, skin, bones, and more.
- ✓ Type II collagen is the collagen that preserves joint function and protects them against damage.

## **WHY DO PEOPLE SUPPLEMENT WITH COLLAGEN?**

The main reasons people take collagen supplements are to improve their joint health and reduce joint pain (type II collagen supplements), and to improve the appearance of their hair, skin, and nails (type I collagen supplements).

You can get collagen from your diet by eating foods like organ meats, whole fish, and bone broth, but most of us don't serve those up very often.

This is why collagen supplements are a more convenient and reliable way to reap the benefits of increased collagen intake.

## **WHAT ARE THE BENEFITS OF COLLAGEN SUPPLEMENTS?**

There isn't much research available on type I collagen supplements, but they may be able to improve skin elasticity and wound healing.

(Unfortunately, as of the time of this writing, there's no good evidence that they can make your hair, skin, and nails healthier and more vibrant.)

Type II collagen supplements are much more promising, however, as studies show they can markedly improve joint health and function.

To understand how, we have to look at how joints commonly become dysfunctional and painful.

Your joints are lined with a flexible tissue known as cartilage, which lubricates them and absorbs physical impacts. Healthy cartilage makes it easy to move around and keeps your joints pain free.

Most people assume that if they're having joint problems, exercise is to blame. All that repetitive running, squatting, and benching must take a toll, right?

Not really, it turns out.

Sure, doing too much exercise can make for achy, inflamed joints, but research shows that various kinds of exercise that you'd expect to be harmful to your joints, like long-distance running and weightlifting, aren't associated with cartilage loss or joint damage.

In fact, regular exercise seems to help keep your joints healthy and working properly.

Why do so many athletes and exercise enthusiasts suffer from joint pains, then?

Well, many are dealing with a condition unrelated to their physical activities known as arthritis, which is often caused in part by an unwanted immune response to joint collagen that eats away the cartilage.

Studies show that Type II collagen can help alleviate this condition by “teaching” the immune system to stop attacking the proteins in joint cartilage, which in turn can significantly improve joint health and function and decrease or even eliminate pain and swelling.

And the best part about type II collagen supplements is that these effects have been demonstrated in people with arthritic conditions and people with healthy joints.

This is significant because it makes type II collagen one of the only supplements known to help preserve joint health and function (as opposed to just treating joints that are already damaged and dysfunctional).

### **WHAT’S THE CLINICALLY EFFECTIVE DOSE OF COLLAGEN?**

For type I collagen, there isn’t a clinically effective dose because we don’t really know if actually does anything. If you want to give it a shot, though, then go with 2.5 to 3 grams per day.

For type II collagen, the clinically effective dose of collagen is between 10 to 40 milligrams per day for improving joint health.

### **WHAT TYPES OF RESULTS SHOULD I EXPECT WITH COLLAGEN SUPPLEMENTS?**

As with all natural supplements, don’t pin unrealistically high expectations on collagen supplementation. It’s not going to magically give you vibrant, glowing skin and nails and luxuriant hair, and joint pain is a complex, mysterious phenomenon that is notoriously intractable.

You shouldn’t expect any results from type I collagen, since research indicates it’s probably a dud. If you want to do everything you can to keep your joints healthy and pain free, then taking a type II collagen supplement is a wise choice.

The main benefit that people notice when supplementing with type II collagen is fewer joint aches and pains during everyday activities, and especially during and after exercise.

Don't expect immediate results, though, as it typically takes several months for a type II collagen supplement to noticeably impact joint health and function.

### **DO COLLAGEN SUPPLEMENTS HAVE ANY SIDE EFFECTS?**

No. Collagen is about as harmless a supplement as you can find.

### **WHAT'S THE BEST TYPE OF COLLAGEN SUPPLEMENT?**

The only kind of collagen supplement that's been shown to significantly improve joint health is undenatured type II collagen.

"Undenatured" means that the collagen proteins haven't been broken down or modified during processing. This is why my joint supplement FORTIFY contains a clinically effective dose of undenatured type II collagen in every serving along with three other ingredients also proven to enhance joint health and function:

- ✓ Curcumin
- ✓ Boswellia serrata
- ✓ Grape seed extract

The bottom line is if you want healthy, functional, and pain-free joints that can withstand the demands of your active lifestyle, then you want to try FORTIFY today.

Real science. Real supplements. Real results.  
Get the results you want when you shop our line of bodybuilding,  
pre-workout and weight loss stacks and supplements.

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**YOU SHOULD BE GETTING MORE FOR YOUR SUPPLEMENT MONEY.**