

# COLLABEAUTY Q10 EXPERT

Collagen is an important protein that provides structure to the skin keeping it plump, smooth, and firm. Unfortunately, after the age of 25, the natural production of collagen starts to decline. Thus, supplementation is a solution to tackle the problem.

The Collabeauty marine collagen is combined with coenzyme Q10 which is a strong antioxidant that helps to stimulate cells to produce new collagen and elastin. As a result, it lessens the appearance of wrinkles and fine lines and reduces premature skin aging.

In addition, the supplement contains:

## Vitamin C:

- Helps absorb and stimulate collagen and elastin production.
- Prevents water loss and photoaging.
- Strengthens blood capillaries.
- Brightens, lightens, and tightens your skin.
- Key component that guarantees results.

## Vitamin A:

- Vitamin A and its derivatives (retinoids) have shown efficacy in delaying signs of skin aging.
- Stimulates collagen production and improves collagen density.
- It alleviates acne, evens skin tone, and gives it a glow.

## Zinc:

- Decreases the severity of acne and early signs of aging (lines, wrinkles, spots, etc.).
- Assists in collagen synthesis and DNA repair, which help keep skin looking younger and healthier.
- Building block for growing strong nails.
- Prevents and reduces hair loss.

## Copper:

- Works with zinc and vitamin C to form elastin which provides elasticity and flexibility to the skin.
- Helps maintain proper pigmentation of the skin.
- Acts as an antioxidant.
- Linked to hyaluronic acid production, which keeps skin moisturised and radiant.

## The supplement doesn't contain:

- Sugar.
- Artificial sweeteners.
- Other additives such as artificial flavours, food colouring, or anti-caking agents.



Fish collagen is the most efficient type of collagen available. The absorption of marine collagen is almost twice as high as any other animal-derived collagen. Marine collagen is transdermal which means Its DNA structure is identical to that of human collagen.

The product's hint of sea aftertaste serves as evidence of its complete naturalness.

Collagen is easily digested and soluble in cold liquids, it therefore makes it a delicious candidate to put in smoothies and shakes.



# THE BEST DETOX SMOOTHIE RECIPES

## Healthy & Delicious

Add a scoop (5g) of the product to 150ml of your favourite smoothie, mix it and enjoy!



### GREEN KIWI & SPINACH SMOOTHIE

- 1 KIWI
- 1/2 BANANA
- 10 GOOSEBERRIES
- 1 HANDFUL OF SPINACH
- 1 tbsp OF CHIA SEEDS



### BEETROOT & WILD BERRIES SMOOTHIE

- 1 HANDFUL OF STRAWBERRIES
- 1 HANDFUL OF RASPBERRIES
- 1 HANDFUL OF BLUEBERRIES
- 1/2 BEETROOT
- 1 tbsp OF CHIA SEEDS



### EXOTIC MANGO & WATERMELON SMOOTHIE

- 1 PIECE OF WATERMELON
- 1/2 MANGO
- 1 LIME
- 1 CELERY STICK
- 1 tbsp OF HEMP SEEDS



### PINEAPPLE & BERRY SMOOTHIE

- 1 HANDFUL OF BLUEBERRIES
- 1 HANDFUL OF BLACKBERRIES
- 1 SLICE OF PINEAPPLE
- 1 HANDFUL OF KALE
- 1 tbsp OF CHIA SEEDS



### REFRESHING STRAWBERRY & MINT SMOOTHIE

- 1 HANDFUL OF STRAWBERRIES
- 1 HANDFUL OF BLUEBERRIES
- 1/2 BANANA
- 1 HANDFUL OF MINT LEAVES
- 1 tbsp OF FLAX SEEDS



### BLUEBERRY & NECTARINE SMOOTHIE

- 1 HANDFUL OF BLUEBERRIES
- 1 NECTARINE
- 1/2 AVOCADO
- 1 CELERY STICK
- 1 tbsp OF FLAX SEEDS



### MANGO & TURMERIC SMOOTHIE

- 1/2 MANGO
- 1/2 ORANGE
- 1 APPLE
- 1 CARROT
- 1 tsp OF TURMERIC
- 1 tbsp OF ALMOND FLAKES



### PINEAPPLE, KIWI & COCONUT SHREDS SMOOTHIE

- 1 KIWI
- 1 SLICE OF PINEAPPLE
- 1 LEMON
- 1 HANDFUL OF KALE
- 1 tbsp OF COCONUT SHREDS



### GREEN APPLE & CELERY SMOOTHIE

- 1 GREEN APPLE
- 1/2 BANANA
- 1 RHUBARB STALK
- 1 CELERY STICK
- 1 tbsp OF CHIA SEEDS

## BONUS!

By joining our FIT 6 program, you will receive a detailed nutrition and supplementation plan, including a sample detox diet plan.