

# Bone Collagen Peptides

A powdered blend of targeted bioactive collagen peptides to support osteoblast activity and bone mineral density, with added calcium, magnesium, vitamin K2 and vitamin D3.

## Each scoop contains:

Fortibone® Bioactive Collagen Peptides™	5g
Type I and III Hydrolyzed Collagen (bovine)*	
Calcium (TRAACS™ calcium bis-glycinate chelate)***	100mg
Magnesium (TRAACS™ magnesium bis-glycinate chelate)***	100mg
Vitamin K2 (menaquinone-7, K2VITAL®)**	120mcg
Vitamin D3 (cholecalciferol)	1000IU (25mcg)

210 grams powder



\*Fortibone® and Bioactive Collagen Peptides™ are registered trademarks of Gelita AG.



\*\*K2VITAL® is the registered trademark of Kappa Bioscience AS.



\*\*\*Mineral chelate supplied by Albion Laboratories, Inc. TRAACS™ and the Albion Gold Medallion design are registered trademarks of Albion Laboratories, Inc. Chelate covered by U.S. Patent 7,838,042.



GMO, antibiotic, gluten, soy and dairy free. No hormones added.

Collagen comprises almost 30% of the total protein content in the human body and is the major structural component of the skeletal system. Recent evidence has suggested that the integrity of bone tissues can be maintained or improved by supplementing with the glycine-rich protein blend. However, not all collagen is created equal. The molecular weight distribution of collagen peptides and the specific amino acid sequences are paramount to clinical success. For example, certain collagen peptides have been demonstrated to stimulate fibroblast activity and influence collagen production in the skin, while other collagen peptides act on osteoblasts to promote bone health.

## Key Points

- Each serving contains 5 grams of bioactive collagen peptides that are standardized to 5kDa molecular weight in order to stimulate osteoblast activity and specifically upregulate collagen production in the extracellular bone matrix
- With an additional 100mg of elemental calcium and 100mg of elemental magnesium per serving in their highly bioavailable, full-chelate bisglycinate forms
- 1000IU of vitamin D3 and 120mcg of vitamin K2 per serving, to aid in the proper absorption and regulation of calcium in the body, ensuring calcium is directed to the bone and away from the vascular system
- 120mcg of vitamin K2 per serving, as K2Vital®, a microencapsulated MK-7 material that is soy-free, significantly more stable than competing MK-7 materials and environmentally resistant against heat, moisture, light and acidity

**Bone Collagen Peptides** by Cyto-Matrix contains a unique blend of type I and type III bovine collagen known as Fortibone®. Fortibone® is specifically designed to stimulate osteoblast activity, slow bone resorption and improve collagen production within the extracellular matrix of bone tissue. A double-blind, randomized human clinical trial found that 12 months of supplementation with Fortibone® collagen bioactive peptides significantly increased bone mineral density of the spine and femoral necks of postmenopausal women with osteopenia or osteoporosis.

Although specific collagen peptides can have powerful and beneficial effects on skeletal tissue as a solo therapy, optimal bone health requires much more. Calcium, magnesium, vitamin K2 and vitamin D3 have unique and interconnected

relationships that help to control calcium regulation and bone growth.

For example, vitamin D3 is needed for calcium absorption from the digestive tract, while magnesium is needed to activate enzymes related to vitamin D3 metabolism. In fact, individuals that are magnesium-replete are much less likely to be vitamin D3 deficient. Vitamin K2, on the other hand, is crucial for the proper distribution of calcium into the skeletal system and away from the cardiovascular system. It does this through its ability to activate two proteins, osteocalcin and matrix-GLA protein, thereby shunting calcium in the proper direction. As you can see, a deficiency in any one of these nutrients can disrupt the overall balance in the body and have a negative impact on bone health.

It is for this reason that **Bone Collagen Peptides** includes calcium, magnesium, vitamin K2 and vitamin D3 in addition to the highly stable and specific bioactive collagen peptides to stimulate osteoblastic activity and promote bone health. These bioactive collagen peptides are standardized to an average 5kDa molecular weight, are sourced from grass-fed, pasture-raised cows and guaranteed to be free from added hormones and antibiotics. Calcium and magnesium are delivered in their bioavailable full-chelate bis-glycinate forms. Vitamin K2 is found as K2Vital®, the patented non-soy derived MK-7 that is microencapsulated with a starch bilayer for superior protection and stability. All in an easy-to-use powder delivery that mixes extremely well with minimal taste.

## Related Products

K2:D3

K2:D3 Matrix Liquid

K2:D3 Matrix Softgels

Cal-Mag + Vitamin D3 1000IU Liquid

Dermal Collagen Peptides Powder

Dermal Collagen Peptides Liquid

Joint Collagen Peptides Powder

Mag Matrix Liquid

Magnesium Bisglycinate 200mg

Magnesium Bisglycinate 300mg Liquid

Magnesium Bisglycinate 400mg Powder

**Non-Medicinal Ingredients:** Citric acid, silica.

**Indications:** Helps in the development and maintenance of bones. Source of the essential amino acid lysine to help in collagen formation. Helps in tissue formation. Helps in the absorption and use of calcium and phosphorus. Helps to reduce joint pain associated with osteoarthritis. Calcium intake, when combined with sufficient vitamin D, a healthy diet and regular exercise, may reduce the risk of osteoporosis.

A source of naturally occurring amino acids. Essential: histidine, isoleucine, leucine, lysine, methionine, phenylalanine, threonine, valine. Non-Essential: alanine, arginine, aspartic acid, glutamic acid, glycine, proline, serine, tyrosine.

**Directions:** Adults - Mix 1 scoop in water 1 time per day or as directed by a healthcare professional. Take a few hours before or after taking other medications or natural health products.

**Duration of use:** For joint pain, use for a minimum of 5 months to see beneficial effects.

**Warnings:** Do not use if safety seal is broken. Consult a healthcare professional prior to use if you are pregnant or breastfeeding, or if you are taking blood thinners.

**Known adverse reactions:** May cause mild gastrointestinal disturbances.



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The Science of Wellbeing

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