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The Many Wonders of Marine Collagen

Clinically-proven benefits:

1. Healthy Ageing:

a) Promotes Skin Health:

Marine collagen supplementation is one of the best anti-aging practices out there. It has been proven to improve skin elasticity, smooth out wrinkles, help better hold onto moisture, and rev the density of collagen fibers within skin. Scientists also noticed positive changes in the skin's moisture and dryness levels with collagen supplementation after just 12 weeks!

Another study found that oral collagen supplementation improved skin hydration levels in just eight weeks. Just 10 grams per day and it could be a huge step in preserving a youthful appearance.

Here's an important finding to note: Researchers discovered the changes in the participants' skin only when hydrolyzed collagen was consumed. Why? When you ingest this form of collagen, your gut immediately absorbs it and sends it straight to your joints and skin through your bloodstream.

b) Repairs Joints & Replaces Cartilage:

Collagen is one of the world leading health supplements used to support healthy joints, connective tissues, tendons, ligaments and improve joint pain. It supports cartilage repair and may also have an anti-inflammatory effect.

c) Supports Bone Health:

Improves BMD (Bone Mineral Density)

When you're young, bone health is rarely a marker you think about or measure. As you age, however, bone mineral density becomes much more important. This is especially true for postmenopausal women.

Collagen peptides have an anabolic (growth-promoting) effect on bone. They can, therefore, enhance BMD by increasing bone formation.

Researchers found that collagen supplementation resulted in not only increased BMD postmenopausal women but also a shift in bone markers indicating decreased bone degradation

2. Promotes Heart Health:

Collagen assists by helping lower your cholesterol and prevent heart disease. In a clinical study, collagen prevented and treated the buildup of plaque in their arteries

Plaque buildup is what clogs your arteries, preventing blood from flowing to other organs. Collagen works by helping prevent this buildup in your blood vessels, protecting against heart attack and stroke. Researchers also found that the collagen fortifies blood vessel walls to reduce the risk of artery disease.

3. Supports Healthy Gut Function:

Supplementation with collagen helps to repair a damaged intestinal lining, benefiting those with gut inflammation, irritable bowel syndrome (or IBS) and leaky gut syndrome, and brings healing to the gut.

4. Boosts Hair and Nail Health Dramatically:

Collagen helps fortify your nails and hair. Positive changes to hair growth, volume and brittle nails were visible in as little as four week in a clinical trial!

Marine collagen is dramatically rising in importance as an alternative to mammalian collagen. Aside from marine sourced collagen being much more widely accepted across all religions and races compared to the traditional bovine/beef sourced collagen Marine collagen is also currently the closest to human collagen and the most bio-available collagen available today because of it's (light) molecular weight!

So in order to really benefit one, collagen needs to be absorbed quickly and effectively, hydrolysed collagen powders that have been obtained from marine sources are the way to go due to their increased purity and bio-availability.

A good quality marine collagen peptide powder will have an average molecular weight of about 300 daltons. Which means on average the size of the peptide is 3 amino acids long. A beef collagen peptide powder will typically have an average molecular weight between 2,000 and 5,000 daltons. Pretty big difference. Hydrolyzed marine collagen is much higher quality because the peptides are much smaller, making them easier and faster to absorb.

A Japanese study proved that Marine collagen peptides are efficiently absorbed:

The graphic (attached) shows a study where a collagen peptide powder with an average molecular weight of 246 daltons (marine collagen) was much more efficient compared to a high MW collagen with an average molecular weight of 2,000 daltons (beef collagen). Therefore we can strongly state that marine collagen is better than bovine collagen when it comes to absorption, and utilization the body.

HIGHEST STANDARDS

Among the challenges associated with using marine collagen were taste and odour, many brands of marine sourced collagens in South Africa are still facing these challenges - thankfully, this Marine Collagen brand has made a breakthrough and managed to overcome these challenges, making it South Africa's leading brand. Marine Collagen also goes through an additional stage to make it easy-dissolving for users - resulting in a much shorter dissolve time compared to other marine collagen powders available. The Marine Collagen will dissolve almost instantly. The Marine Collagen is sourced from warm water mild fish, resulting in a unique amino acid profile, highly bio-available, odourless and tasteless collagen powder. Marine collagen is now considered as the most premium collagen supplement in terms of nutritional value, versatility, safety and health.

FULL RESPONSIBILITY

Our raw material is 100% traceable, our collagen is manufactured in a world-class Biotech plant, using state of the art equipment, followed by local lab quality-testing in South Africa, with an unshakeable commitment to quality, safety and sustainability.

Other features include (but are not limited to):

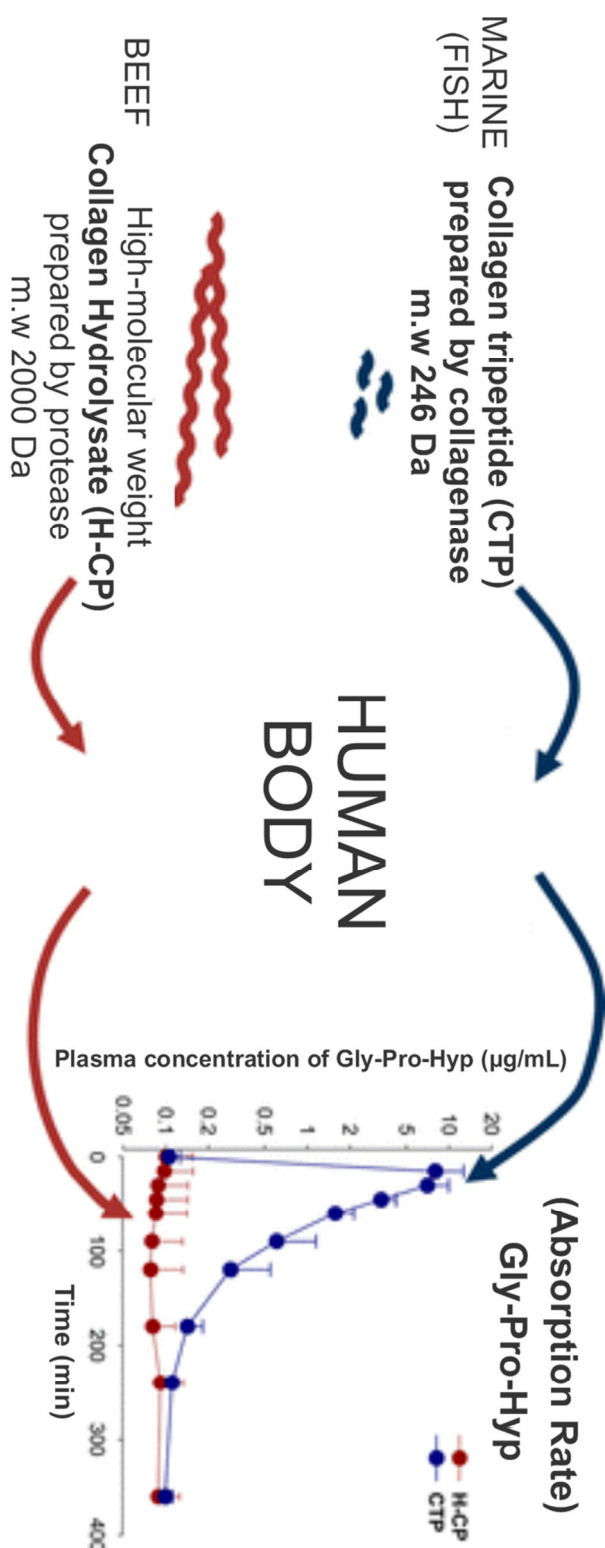
Mercury-free

No additives, fillers or preservatives

Hypo allergenic, fat free, gluten free, sugar free, dairy free

Highly soluble & heat resistant: add to hot or cold food & drinks

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GELATINE VS COLLAGEN



	GELATINE	COLLAGEN PEPTIDES
Promotes heart health	✓	✓
Promotes joint health & mobility	✓	✓
Promotes skin elasticity, reducing skin aging	✓	✓
Strengthens tendons & ligaments	✓	✓
Promotes bone health	✓	✓
Improves sleep quality	✓	✓
Supports strong healthy hair & nail growth	✓	✓
Shortens exercise & sports recovery	✓	✓
Boosts Muscle Mass	✓	✓
Supports healthy digestion & gut health	✓	✓
Coats & protects the small intestine for added gut health (especially for Leaky Gut Syndrome)	✓	
Taste & Odour	None	None
Dissolvability	Dissolves only in hot water & requires a 5 minute pre-soak	Instant dissolve (easily dissolves in cold or hot water)
Digestion	Slow digestion going further into GI tract	Rapid digestion High bio-availability
Multi functional (Can be used in culinary arts (desserts & sweet-making) as a stabilizer / emulsifier or gelling agent	✓	
CONCLUSION:	Better for gut health & culinary use	Better for skin, hair, nails and joints.



SOUTH AFRICA'S LEADING BRAND

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