

BEAUTY GEN

radiance from within

EDUCATION MANUAL

WELL I AM PTY LTD
Unit 27 Boulevard Business Park
Belladonna Road, Cornubia, Durban
www.beautygen.co.za

BEAUTY FROM WITHIN





A NEW TAKE ON BEAUTY

True beauty is healthy, wholesome and holistic. Just as a flower needs water (not just sunshine) to bloom, healthy skin comes from within. After all, you are what you eat.

While most women have a beauty routine, it primarily addresses the exterior. This returns partial results at best.

Our all-natural product range provides a beauty solution that works from the inside out.



COLLAGEN

Pure hydrolysed collagen peptides:

Collagen is a protein that makes up about a third of our total protein content.

Protein is made up of many building blocks known as amino acids.

Amino acids (single or as peptides), give the body the building blocks to create, heal, repair, grow and rejuvenate. When the body digests protein from food or you take a collagen supplement, it is broken down into amino acids and used for your body's specific needs.

Peptides are short chains of amino acids.

Hydrolysed refers to the process of breaking compounds into smaller molecules for easy and fast absorption.



How is collagen produced?

Your body makes its own collagen proteins from amino acids like proline, glycine and hydroxyproline. These amino acids group together to form protein fibrils in a triple helix structure. Your body also needs vitamin C, zinc, copper and manganese to make the triple helix.

Collagen production slows down as you age, causing the breakdown of tissues that results in wrinkled, slack and sagging skin. Existing collagen also lowers in quality over time, and breaks down at a faster rate.

Additional factors that cause production to slow down are:

- Smoking: damages collagen and elastin.
- Eating too many refined carbs and sugar: sugar attaches to proteins to form advanced glycation end products. These damage nearby protein and cause collagen to become weak, dry and brittle.
- Excessive alcohol/caffeine intake.
- Exposure to ultraviolet light: too much sunlight causes rapid collagen breakdown.

Different types of collagen in the body:

There are a lot of different collagen types, but 80-90% of the collagen in your body is made up from types I, II and III.

Type I is the most prevalent in the body and provides structure to hair, skin, nails, tendons, ligaments, cartilage, bones and other connective tissues. It is especially abundant in the skin where it works with elastin to keep the skin plump, resilient and youthful. Main supplement sources: cowhide, fish skin/scales, eggshell membranes.

Type III collagen is mainly found in blood vessels, muscles and organs like the uterus or bowel. It promotes skin elasticity and works with type I to support ligaments, blood vessels and joints. Main supplement sources: cowhide, fish skin/scales.

Type II collagen is more localised and a major structural component of hyaline cartilage of the articular surfaces. It can also be found in the nucleus pulposus of the intervertebral disc, retina, sclera and lens of the eye. Main supplement source: chicken sternum.

3 primary sources of collagen for supplements:

Bovine (cowhide/skin) - Mainly type I with some type III
Fish (skin or scales) - Mainly type I with lower amounts of type II
Chicken (sternum) - Mainly type II



Key differences between the sources of Beauty Gen collagen supplements:

Marine and bovine collagen consists mostly of type I but:

Fish collagen has more:

- Alanine – strengthens the immune system and gives energy to the central nervous system, muscle tissue and brain.
- Arginine – supports wound healing.
- Aspartic acid – plays a role as a neurotransmitter and in energy production.

Bovine collagen has more:

- Glycine – strengthens muscles, skin, bones and blood. It is an antioxidant and anti-inflammatory that acts as a neurotransmitter.
- Hydroxyproline – plays a role in collagen stability.
- Proline – helps maintain and strengthen the heart muscle.



Finding the ideal supplement depends on the quality of ingredients, personal or dietary preferences/restrictions, or health concerns like allergies. The sources outlined above will mostly deliver the same results.



How do we make our collagen supplements?

The unrefined collagen source consists of bigger triple helix collagen molecules. When the collagen is boiled with water, these molecules unwind, creating gelatin (partially hydrolysed collagen) or bone broth. These end molecules are still fairly big and need to be broken down further for better bioavailability.

Powdered bone broth is simply liquid broth that has been dehydrated into a powder. Molecules are still only partially hydrolysed.

Protease (an all-natural protein enzyme from animal or plant sources) is therefore added to break gelatin down into tiny protein pieces, giving us the highly bioavailable source of hydrolysed collagen you'll find in our products.



Some of the benefits of hydrolysed collagen:

- ***It triggers the body to make more collagen.*** The presence of collagen's amino acids in the bloodstream causes the body to think there is a need for more collagen. In essence, it creates a fake warning signal that the body's endogenous collagen is being depleted.

- ***It increases collagen density*** or thickens the collagen layer in the skin, pushing wrinkles up and away.

- Collagen and elastin create skin structure. Collagen ***provides skin infrastructure*** while elastin allows skin to stretch.

- As we age, decreased fibroblast activity in the skin cells slows collagen and elastin synthesis. Increasing collagen therefore ***slows down the signs of ageing.***



- ***It triggers hyaluronic acid production*** by stimulating an enzyme called hyaluronan synthase 2. Hyaluronic acid draws water into the skin, increasing skin hydration.

- ***Collagen promotes bone health.*** We need a collagen matrix in the bones to deposit minerals onto. If there is too little collagen, this could lead to brittle bones. Hydrolysed collagen stimulates bone cells – osteoblasts – to create more collagen.

- ***It increases the strength of hair.***

- ***Collagen helps the body make creatine***, assisting with energy and endurance during short-duration intense exercise.

- Collagen peptides contain high levels of the amino acids glycine, hydroxyproline, proline, alanine and arginine – ***reducing the risk of injury and speeding up muscle recovery.***



- ***Collagen helps with satiety*** (making you feel full) 40 times more than other protein supplements, offering weight control benefits.

- ***It promotes healthy joints*** by stimulating cartilage cells – chondrocytes – to make type II collagen and chondroitin sulfate (the lubricant in the joints), helping to maintain and regenerate cartilage.



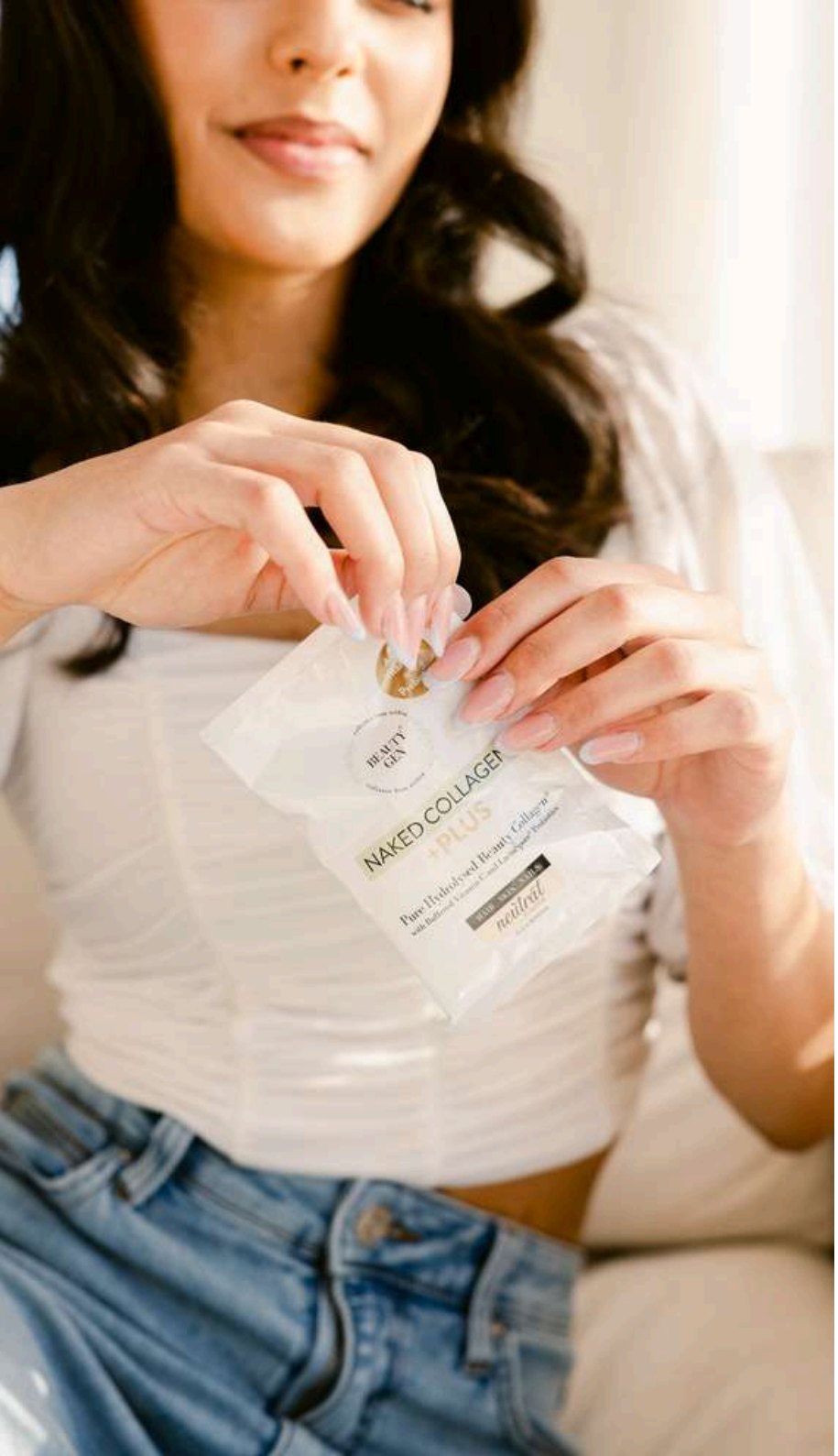
Collagen myths:

YOU NEED TYPE II COLLAGEN FOR JOINTS AND TYPE I FOR SKIN AND BONES.

MYTH. Studies have shown that consuming type I collagen assists the body in making more of its own type I and type II collagen.

MARINE COLLAGEN IS BETTER THAN BOVINE COLLAGEN.

MYTH. It is the size of the molecules that matter. If collagen is hydrolysed (broken up into easily digestible pieces), it does not matter if it is sourced from beef or fish. This is because the molecule sizes are standardised and the body will put it to use equally efficiently, regardless of the source. Here is a short informational video on this topic: https://youtu.be/qxdWG67Mr8U



IT DOES NOT MATTER IF YOU TAKE CAPSULES OR POWDER.

MYTH. Most capsule products range from 2.5-3 g collagen per serving. This is too little to get the proven results. Beauty Greens® delivers 10 g of collagen per serving, while Naked Collagen® provides 12 g. Studies and clinical trials relating to our products were performed using a 5 or 10 g serving of collagen.

YOU CAN'T TAKE TYPE I AND TYPE II TOGETHER.

MYTH. There is no evidence of competition with the absorption of one type of collagen with another. Collagen is a protein, so your body will break it down into amino acids no matter the source, and then use the amino acids to rebuild, rejuvenate and regrow what it needs to. Your body distributes amino acids to where they are needed the most.

YOU NEED TYPE III FOR ABSORPTION OF TYPE I.

Type I and III collagen are found naturally together in main supplement sources: fish skin and cowhide. The one is not needed for the absorption of the other. Type III works with type I to support ligaments, blood vessels and joints.

VEGAN COLLAGEN EXISTS. MYTH. There is no plant source of collagen, it can only be found in animals or artificially synthesised from bacteria/yeast. “Vegan” collagen is a marketing term for plant-based ingredients which may help promote your body’s collagen production. These collagen promoters can include amino acids, ceramides, silica, minerals like copper and zinc and antioxidants like vitamin C and vitamin E.

ADDING COLLAGEN TO COFFEE DESTROYS ITS BENEFITS.
MYTH. Studies exposing collagen proteins to temperatures of 150-420 degrees Celsius, observed that the initial degradation occurred at around 150 degrees. Coffee is brewed at 90 to 96 degrees, a lower temperature than that which degrades protein, so collagen remains unaffected by heat.

Excessive caffeine intake can slow down the rate at which your body makes collagen but does not affect your collagen supplement. As long as you manage your intake of caffeine, the effect is minimal. Coffee itself contains a lot of skin-regenerating phytonutrients and antioxidants, which is good for the skin, and caffeine is not just in coffee, but also in fizzy drinks, certain foods, energy drinks, pharmacy drugs, etc., so difficult to avoid entirely. Coffee contains vitamins B1, B2, B3, B5, folate, manganese, potassium, magnesium and phosphorus and is a rich source of antioxidants, outranking many fruits and vegetables.

OUR NAKED RANGE

Naked Collagen, Naked +PLUS, Naked Complete I, II & III, Naked Aquatic, Naked Creatine





Naked Collagen

Our Naked Collagen consists of pure hydrolysed bovine collagen type I and III. It contains 12 g of collagen peptides per serving with no other ingredients. It is ideal for adding to any beverage as it dissolves easily and is neutral in taste.

Our pure hydrolysed collagen is a premium quality-tested collagen from grass-fed cattle. It is free from hormones and antibiotics and highly digestible. It is naturally extracted from bovine hides via enzymatic hydrolysis. Enzymes break the collagen molecules into highly specialised collagen peptides that are easier for the body to absorb and utilise. Our molecule size is very small to ensure superior absorption and our collagen is granulated to dissolve instantly.

When collagen is degraded into peptides, it is usually left with an unpleasant taste and odour. Some manufacturers disguise this with flavour masks or fillers, which can contain extra carbs or chemical ingredients. Our hydrolysed bovine collagen is instead purified with natural carbon or activated charcoal to remove impurities and give us a pure white, odourless and tasteless powder with no additives, preservatives, masks or fillers.



Naked Collagen +PLUS

This versatile 3-in-1 beauty and health supplement contains 10 g hydrolysed bovine collagen type I and III, 1 billion CFU LactoSpore® probiotics and 1000 mg buffered vitamin C per serving. It is ideal for adding to any cool beverage or smoothie.

LactoSpore® probiotics: We've added a high dose of heat-stable LactoSpore® probiotics to our Naked Collagen +PLUS, 1 billion CFU per serving. Spore probiotics assist in strengthening the immune system, ensure an ideal gut environment for your own good bacteria to thrive in, and keep bad bacteria in control. This contributes to healthier problem-free and hydrated skin, thick shiny hair, strong nails and overall good health.

Buffered vitamin C:
Naked Collagen +PLUS contains 1000 mg buffered vitamin C per serving. Vitamin C is important for collagen synthesis; it is an immune-boosting, anti-ageing antioxidant and it helps prevent skin discolouration, as well as future skin damage. It combats hair fall and premature greying.



Naked Collagen Complete

Naked Collagen Complete is a triple source of collagen, containing type I, II and III. It is a comprehensive beauty solution for healthy hair, skin, nails, joints and connective tissue. Carefully extracted undenatured collagen is combined with pure collagen peptides to help replenish diminishing collagen levels in the body, prevent internal attacks on joint collagen, and fight the signs of ageing. These collagen sources synergistically provide nutritional support to nourish, heal and protect your body from the inside out.



Type I:

- Promotes plump, wrinkle-free, smooth and supple skin while strengthening hair and nails
- Increases skin moisture by stimulating the production of hyaluronic acid
- Improves skin elasticity and assists with collagen restructuring
- Supports and strengthens joints, bones and muscles

Type II:

- Regulates the immune system
- Prevents internal attacks on joint cartilage
- Provides anti-ageing benefits to joints

Type III:

- Helps maintain skin firmness and elasticity to combat the signs of ageing
- Supports gut healing and helps to reduce permeability (leaky gut syndrome)
- Promotes bone and muscle health and longevity

Naked Collagen Complete contains standardised chicken cartilage providing 25% undenatured type II collagen, type I and III hydrolysed bovine collagen and type I fish collagen peptides (pangasius hypopthalmus). To keep its peptides intact, undenatured collagen has not been broken down or exposed to extreme heat, acids and enzymes.

Undenatured type II collagen from chicken cartilage: Undenatured type II collagen has a very different function from hydrolysed collagen peptides. It is not meant to rebuild collagen but is instead taken as an external inoculation of cartilage protein to help prevent the body's immune system from attacking its own cartilage. Calming the body's immune response in this way can effectively reduce inflammation that causes damage and pain in rheumatoid arthritis, specifically, but also osteoarthritis.

Undenatured collagen induces the formation of regulatory T cells in areas of the gut called Peyer's patches. These regulatory T cells enter circulation, where they produce anti-inflammatory compounds which may inhibit inflammation and tissue damage in the joints. Studies have shown that undenatured type II collagen is more effective than glucosamine and chondroitin sulfate in supporting joint comfort and mobility. Epitopes are the bioactive regions that allow undenatured type II collagen to bind to Peyer's patches in the gut.

The three-dimensional shape of undenatured type II collagen preserves these bioactive regions (epitopes) that induce the oral tolerance process. It is also resistant to gastric acid and digestive enzymes, allowing it to retain its three-dimensional shape.

The ways in which undenatured type II collagen inhibits processes responsible for the progression of RA and OA makes it particularly useful for older people with chronic joint issues as well as athletes who struggle with specific chronic joint injuries.



Type I and III pure hydrolysed bovine collagen:
This is a premium quality-tested collagen from grass-fed cattle. It is free from hormones and antibiotics and highly digestible. It is naturally extracted from bovine hides via enzymatic hydrolysis. Enzymes break the collagen molecules into highly specialised collagen peptides that are easier for the body to absorb and utilise. Our molecule size is very small to ensure superior absorption and our collagen is granulated to dissolve easily.

Type I fish collagen peptides with a small amount of type II:
Marine collagen increases skin suppleness, minimises wrinkles and contains several antioxidants that shield skin from free radical damage. It has been scientifically shown to contribute towards skin moisturisation and may protect against photo-ageing and UV damage.



Naked Collagen Aquatic

Sustainably sourced 100% pure type I & II hydrolysed collagen peptides.

Our Naked Collagen Aquatic offers the powerful beauty and health benefits of collagen sourced from fresh tropical fish: pangasius hypophthalmus.

It promotes supple skin, fewer wrinkles, strong hair and nails as well as healthy joints and muscles.

- Dissolves easily and is neutral in flavour
- Has superior absorption
- 100% traceable with no added fillers
- Free from gluten and GMOs
- Contains no hormones or antibiotics
- Contains no artificial colours, flavours, sweeteners, additives or preservatives
- Free from fat, carbohydrates, sugar and cholesterol
- Low in sodium
- Tested to meet stringent heavy metal limitations
- Halaal certified



Source and production:

Naked Collagen Aquatic is verifiably safe, pure and produced in an ethical and environmentally sustainable manner (ASC certified) from a single source. Single-sourced production offers complete transparency and complete control of the raw ingredients and the final product.

Our collagen peptides are derived from one species of freshwater, tropical fish called pangasius hypophthalmus with a unique and highly beneficial amino acid profile high in glycine, proline and hydroxyproline concentrations, which presents 50% of total amino acids.

Fish skins are processed fresh, typically within 24 hours of the fish being caught, which ensures integrity of the collagen.

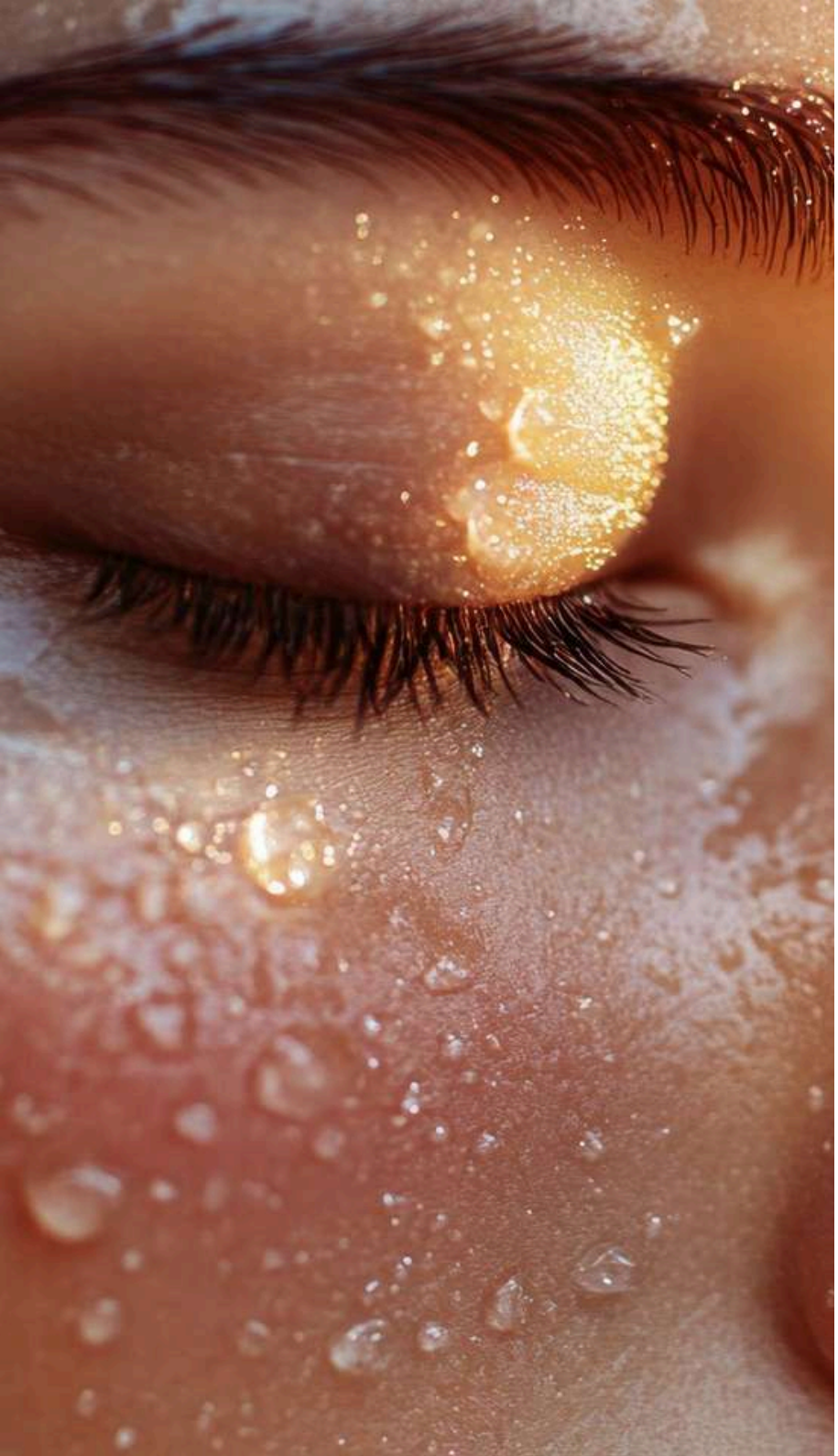
Pangasius hypophthalmus is an ideal collagen source. Collagen derived from the skin of these fish contains more proline and valine than any other fish collagen. It also contains more hydroxyproline, isoleucine, leucine, lysine and phenylalanine.

	COD SKIN	ALASKA POLLOCK SKIN	HAKE	MERGIM	TILAPIA SKIN	PANGASIUS	PORK SKIN
Hydroxyproline	50	55	59	60	79	108,6	91
Isoleucine	11	11	9	8	8	12,4	10
Leucine	22	20	23	21	23	25	24
Lysine	29	26	28	27	25	29,1	27
Phenylalamine	16	12	15	14	13	19,1	14
Proline	106	9	144	115	119	123	132



Full profile of amino acid content:

Alanine	Proline	Tyrosine
Glycine	Aspartic Acid	4-Hydroxyproline
Valine	Methionine	Hydroxylysine
Leucine	Glutamic Acid	
Isoleucine	Phenylalanine	
Theonine	Lysine	
Serine	Histidine	



Fish collagen benefits:

Fish collagen is absorbed very efficiently into the body.

Hydroxyproline is the most abundant amino acid in fish collagen – it is a crucial component of skin, blood vessel walls and other connective tissues.
Fish collagen is ideal for pescatarians or those who don't consume beef products.

It increases skin suppleness, minimises wrinkles and contains several antioxidants that shield skin from free radical damage.

Fish collagen has also been scientifically shown to contribute towards skin moisturisation and may protect against photo-ageing and UV damage.



Naked Collagen +PLUS Creatine

Strength meets beauty.

Naked Collagen +PLUS Creatine is a high-performance blend designed to support lean muscle growth, faster recovery, and healthy skin, hair and nails.

This dual-action supplement powers your performance and promotes healthy ageing, helping you to look and feel your best.



Benefits:

Performance without the bulk: 5 g creatine per serving supports muscle strength, tone and recovery without adding mass — ideal for active, lean-focused training.

Radiance from within: 10 g pure hydrolysed collagen peptides (bovine, type I and III) per serving nourishes joints, skin and connective tissues to help improve elasticity, hydration and resilience — while also supporting hair and nail strength.

Stable, clean energy and fewer cravings: Chromium picolinate supports stable energy and curbs cravings. With no gluten, GMOs or added hormones, this premium blend absorbs easily and dissolves effortlessly into your favourite food or drink.



Pure creatine monohydrate:

Creatine monohydrate is a natural compound produced in your body from amino acids. Your body makes about 1 g daily, which is enough for basic needs but not peak performance. You can consume creatine from a couple of different sources, like beef or fish.

If you take it as a supplement, creatine monohydrate is considered the gold standard, as it is the most studied, effective and safe form of creatine. Creatine monohydrate is synthesised in a lab from sarcosine and cyanamide. Sarcosine (n-methylglycine) is a byproduct of glycine synthesis. Cyanamide is a white, solid compound containing carbon, hydrogen and nitrogen, derived from calcium carbide as well as existing naturally in some plants.

The main role of creatine is to enhance energy production in cells. ATP (adenosine triphosphate) is the most basic form of energy in cells. Most of the body's creatine is stored in your skeletal muscles as creatine phosphate, which can help you replenish ATP, giving your muscle cells the capacity to make more energy.



Women are less likely to take creatine than men, due to misconceptions surrounding supplementation. The most current research suggests that creatine supplements are especially beneficial for women and may:

- Decrease bone mineral loss and preserve bone strength
- Improve muscle health, reduce joint pain and decrease inflammation
- Increase cognitive abilities (prevent brain fog)
- Improve sleep and support mental health and mood
- Be useful for many symptoms experienced during perimenopause and menopause
- Be important during pregnancy (tissue growth, energy changes) and postpartum
- Improve lean mass, strength and cognitive performance, especially in older women

Women exhibit 70-80% lower creatine synthesis than men and have a lower dietary intake. Suboptimal intramuscular creatine stores are also lower, particularly during hormonal phases. Supplementation can support women effectively to feel energised, strong and supported while navigating changes in life.



Some creatine myths:

1. *Creatine is for bodybuilders and will make you bulky.*
Creatine's job is to recharge, providing more sprint power, better endurance and sharper thinking.

2. Creatine damages your kidneys.
Healthy kidneys easily handle the extra creatine you ingest. In studies where volunteers took up to 30 g a day for five years, kidney markers stayed normal. However, exercise caution and use under physician supervision if you already have kidney disease or only one kidney.

3. Creatine causes cramps and dehydrates you.
Creatine improves fluid balance inside muscle cells, which means less cramping, not more.

4. It causes bloating.
Creatine pulls water inside muscle fibres, not under the skin, so is not responsible for bloating.



5. Creatine is a steroid.
Creatine is an aminoacid derivative found in animal proteins, not a hormone. It is not structurally similar to anabolic steroids and has no direct effect on testosterone.

6. You must do a loading phase.
A short “loading week” (20 g per day) saturates muscles faster, but a steady 3-5 g daily reaches the same saturation in about a month. Continuous daily intake keeps muscles topped up and performance benefits consistent.

Chromium picolinate:

Chromium picolinate is the mineral chromium attached to three molecules of picolinic acid. This form of chromium is absorbed well.



Health benefits:

- *Balances blood sugar levels*

Chromium may improve insulin sensitivity – where the body's cells become more responsive to insulin – resulting in better glucose uptake and utilisation. This means chromium may help manage diabetes and prevent development of type 2 diabetes. It can also stabilise mood and improve cognitive function.

- *Helps with weight management*

Chromium reduces appetite and cravings, which may help manage weight and prevent binge eating. Studies have shown it may increase lean body mass and decrease body fat. By assisting the body to utilise carbohydrates, fats and protein for energy more efficiently, chromium can support a healthy metabolism.

- *May improve cholesterol levels*

Chromium may lower bad cholesterol (LDL) and triglycerides, and increase good cholesterol (HDL). This may reduce the risk of heart disease.



Pure hydrolysed collagen peptides (bovine: type I and III):

Health and beauty benefits:

- Reduce joint pain – Supplementing with collagen means your body is stimulated to make more collagen and regenerate cartilage, which means more joint support and less inflammation and pain.

- Prevent bone loss – Collagen has been shown to prevent bone breakdown, especially in postmenopausal women.

- Boost muscle mass – Collagen is an important component of skeletal muscle and studies have shown that it can help people gain more muscle mass.

- Improve gut health – Collagen may assist with intestinal permeability (leaky gut syndrome) and help repair and heal the gastrointestinal tract.

- Support weight loss – Collagen makes you feel fuller for longer and may assist with weight management.



- Lessen the formation of wrinkles and improve skin hydration – Collagen helps maintain skin elasticity and supports its structural integrity. It also improves moisture retention, leading to smoother, more supple skin.

- Promote stronger hair and nails – Collagen provides essential amino acids that support keratin production, which strengthens hair strands and reduces breakage. It also helps reinforce nail structure, promoting growth and minimising brittleness.



BEAUTY GREENS RANGE

This range combines our nutrient-dense 50 organic superfoods blend, gut-supporting LactoSpore® probiotics, prebiotics and fibres, omega-3 from flaxseed and seaweeds, 10 medicinal mushrooms and added vitamin C with our hydrolysed bovine collagen types I and III.



10 000 mg type I and III bovine collagen:

Most studies and clinical trials have been done with 5-10 g of collagen. If you want the proven benefits of collagen, you need at least this amount of hydrolysed collagen daily.

15 million CFU dairy-free probiotics:

LactoSpore® probiotics from bacillus coagulans and bacillus subtilis are especially useful for lactose intolerance and are stable at room temperature. CFU - colony forming unit - refers to the number of live and active microorganisms found in each serving of probiotics. Probiotics can alleviate skin issues, hydrate the skin, promote thick shiny hair and make nails strong.

50 organic superfoods:

This includes fruits, vegetables, sea vegetables, grasses and medicinal mushrooms, providing vitamins, minerals, enzymes and antioxidants.



Omega-3s:

Beauty Greens® contain short-chain omega-3 fatty acids called alpha-linolenic acid (ALA), found in our flaxseed and dark green leafy vegetables (wheatgrass, spinach, kale and more). Additionally, our spirulina and chlorella provide long-chain omega-3 fatty acids - eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA).

Benefits of omega-3:

- Natural anti-inflammatory
- Nourishes skin, hair and nails
- Numerous other benefits for brain and heart health

Buffered vitamin C:

Buffered with calcium to create calcium ascorbate, this is a less acidic form of vitamin C that is gentle on the stomach and rich in anti-ageing antioxidants. It helps to:

- Prevent skin discolouration or pigmentation
- Slow hair loss and premature greying



Other sources of vitamin C in Beauty Greens® include:

- All the fruit, like berries and cherries in our blends (noni, acai, acerola, blueberries)
- Our sea algae (chlorella and spirulina)

INTERESTING FACT: Fish get their omega content from consuming microalgae.

We have three blends in this range, each with their own specific benefits.

Blueberry blend:

Our blueberry Beauty Greens® contain more beetroot: Beetroot contains nitrates, a natural chemical that dilates blood vessels. This helps to improve circulation to the heart and the brain and balance blood pressure.

Beetroot is also a powerful antioxidant and anti-inflammatory, helping to prevent heart attacks and strokes. It also helps to protect against age-related dementia. Beetroot enhances athletic performance by boosting stamina and endurance, helping you exercise for longer.



You may choose to use this blend if you want to focus, exercise and improve your circulation.

Our Coconut Vanilla blend:

This contains more wheatgrass and spirulina. These are rich in minerals and chlorophyll, both offering powerful antioxidant and anti-inflammatory properties. They naturally alkalise and detoxify the body and are rich sources of iron.

You may choose to use this blend if you'd like to detox from excess alcohol, sugar and meat, or if you struggle with chronic inflammation, acidity or mineral deficiencies.



Our Raw Cacao blend:

In this blend we swapped noni (a tropical Asian fruit) with raw cacao. Cacao has 40 times more antioxidants than blueberries. It is the highest plant-based source of iron and contains magnesium for heart and brain health. It is rich in calcium, helps to elevate mood and has antidepressant properties.

You may choose this blend if you are feeling stressed or flat, or if you are experiencing muscle cramps and want to boost your calcium intake naturally.



COLLAGEN HOT CHOCOLATE

This delicious, rich and creamy hot cocoa collagen treat provides anti-ageing benefits, smoothing away wrinkles while strengthening your hair and nails, improving joint and bone health and making you feel fuller for longer. This dairy-free hot chocolate has added fibre and contains potent antioxidants and minerals to boost your mood, support gut health and help curb sugar cravings.

- Ingredients: Hydrolysed bovine collagen type I and III, cocoa powder, coconut milk powder, dehydrated coconut nectar, Fibregum™, flavouring, salt, xanthan gum and stevia.
- Directions: Add 2 scoops (19 g) to 250 ml hot water/milk.
- 71 calories per serving.



COLLAGEN COFFEE CREAMER

Transform your daily coffee with this beauty-boosting collagen powder blend. Collagen offers you proven anti-ageing benefits, smoothing away wrinkles while enhancing the beauty and strength of your skin, hair and nails. Every serving increases collagen density, plumping, firming, and hydrating the skin as well as improving joint and bone health. Supporting ingredients offer you dairy-free creaminess and added fibre, along with a delectable hint of coconut and natural sweetness.

- Ingredients: Hydrolysed bovine collagen type I and III, coconut milk powder, Fibregum™, stevia.
- Directions: Add 2 scoops (15 g) into your coffee, tea, smoothie or drink.
- 59 calories per serving

BEAUTY GEN

radiance from within

THANK YOU

www.beautygen.co.za