

There are different types of collagen which will determine what part of the body you are trying to strengthen. Below you will find the main three types and its sources.

Type I: Helps with skin elasticity/anti-aging (Bovine and Marine are great natural sources of collagen)

Type II: Supports joints, ligaments, cartilage. (Chicken is a great source for this type of collagen)

Type III: Improved circulation. healthy bones, tendons, gut, hair, skin and nails (Chicken, bovine, marine are great natural sources)

MY FAVORITE SUGGESTIONS



Collagen Vitamin C offers 20g of grass-fed collagen type I & III per serving with 100 mg of vitamin C, hyaluronic acid, digestive enzymes, and amino acids

Collagen Plus Formula combines bioactive collagen peptides and potent nutrients



Purchasing through FullScript will give you piece of mind its a credible source with competitive prices