

TrueScience® Liquid Collagen

ACTIVATE, REPLENISH, MAINTAIN



Get the Glow

Your body's collagen production declines with age, leading to visible changes like wrinkles, sagging, and loss of elasticity. On the inside, collagen is important for maintaining a strong body—from eyes and organs to bones and joints. TrueScience® Liquid Collagen is designed to activate your body to make 5 types of collagen, replenish with 10 types of collagen peptides, and maintain collagen by reducing enzymes that break it down.*##

In 8 weeks or less, you'll glow with confidence—inside and out—with visibly smoother, firmer, more hydrated skin—and increased support for a strong, healthy body from within.*##

6 Reasons to Love Liquid Collagen



Reduce the appearance of fine lines and wrinkles



Improves skin moisture, tone, and texture



Helps protect against the damaging effects of oxidative stress*



Increases collagen density and helps prevent collagen breakdown*



Promotes bone, joint, connective tissue, and whole-body support*



Supports healthy, youthful-looking skin, hair, and nails

*## Results based on 8-week clinical trial on key ingredients in Liquid Collagen. Individual results may vary.

##Results based on a cell culture study on Liquid Collagen.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



The Collagen Connection

Collagen Type	Where it Works	What it Does for You
Type I	Bone, skin, tendons, ligaments	Keeps skin firm, smooth, and youthful while supporting strong bones and joints*
Type II	Cartilage, eyes	Cushions joints and supports healthy vision*
Type III	Skin, blood vessels, lungs, uterus	Gives skin its bounce and supports circulation and organ health*
Type VII	Skin foundation layer	Helps skin stay intact and supports natural healing*
Type XIII	Skin-cell connections, muscles	Strengthens connections between skin layers for stability and resilience*

Directions

Shake well. Drink 1 bottle daily. Refrigerate after opening if not consumed at once.

Chill if preferred, but refrigeration is not required.

WARNINGS: Not recommended for children or individuals under 18 years of age or women who are pregnant or nursing. Keep out of the reach of children. Use only as directed.

CONTAINS: Fish (Tilapia & Pangasius) and Quinoa (Saponin).

Ingredients



Marine Collagen Peptides

Ten types of naturally derived marine collagen peptides plus amino acids support collagen density, firmer-looking skin, and moisture for a youthful appearance.



Ruby Quinoa Extract

(*Chenopodium formosanum*) Extract from this grain activates natural collagen synthesis to reduce the appearance of fine lines and wrinkles and support healthy bones, joints, muscle, and connective tissue.*



Proprietary Citrus + Berry Blend

Blueberry powder, young ponkan fruit and acerola berry supply vitamin C and antioxidants to promote collagen and elastin production and help your skin create more of its own natural moisture for a healthy, glowing complexion.

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Study Results



COLLAGEN DENSITY
INCREASED BY

100%*◊◊



DEPTH OF CROW'S
FEET REDUCED BY

22%*††



SKIN ROUGHNESS,
LOOK OF PORES & SPOTS
DECREASED BY

10%*††



MMP1 & MMP9 (COLLAGEN-
DEGRADING ENZYMES) GENE
EXPRESSION DECREASED BY

57/79%*#‡



SOD GENE ACTIVATION
INCREASED UP TO

27X*◊◊



EPIDERMAL BARRIER
STRUCTURE GENES (TGM1, KRT1,
KRT10) INCREASED UP TO

5X*◊◊



SKIN MOISTURE
INCREASED BY

18%*††



BLOOD CATALASE (CAT)
LEVEL INCREASED BY

202%*††



ELASTIN GENE ACTIVATION
INCREASED BY

18%*#‡

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Frequently Asked Questions

What makes Liquid Collagen unique?

The unique blend of marine collagen paired with red quinoa and antioxidant-rich botanicals works in 3 ways to activate, replenish, and maintain collagen. Unlike most supplements that only provide 1 or 2 types of collagen, Liquid Collagen includes peptides from 10 collagen types. It's also clinically shown to activate your body to make 5 different collagen types.*#

What is the shelf life?

24 months.

Do I really need to take collagen?

Your collagen production begins to decline after age 25. You need a broad range of the right collagen types to ensure your skin and connective tissues for your bones and joints get what they need to look and feel healthy.*

How does collagen work?

Amino acids from marine collagen peptides make up for what your body can no longer produce to replenish 10 types of collagen. And the activating botanicals—red quinoa and fruit extracts—supply nutrients that signal to your body to activate production of 5 types of collagen.*

I put all my other TrueScience products on my skin. Can I apply Liquid Collagen topically?

No. Liquid Collagen is designed to be ingested, so you get your glow from within.

What fish do the collagen peptides come from?

The hydrolyzed collagen peptides in Liquid Collagen come from the skins of high-quality, non-GMO white fish sourced from sustainable fisheries around the world—including Costa Rica, Taiwan, and Iceland—that minimize their environmental impact and optimize the use of natural resources. The collagen is produced in a state-of-the-art facility, allowing us to deliver an effective, safe, clean, and sustainable collagen solution. The peptide extraction process uses only water, and the peptides are thoroughly tested to ensure compliance with EU and US regulations to verify they meet strict standards for allergens, pesticides, preservatives, heavy metals, and toxins.

Each raw material in TrueScience Liquid Collagen is tested according to specifications, including chemical analysis, impurities, and microbiology, and inspected multiple times during production. The finished product is tested to confirm safety, quality, and potency, so you can trust that what is listed on the label is what is in the product.

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Are chemicals used in the collagen/ingredient extraction process?

No. Water is the only solvent used in the extraction process.

Is Liquid Collagen non-GMO and gluten-free?

Yes.

Can I give Liquid Collagen to my pet?

We recommend using a collagen supplement specifically designed for animals.

Are the colors and sweeteners in Liquid Collagen from natural sources?

Our collagen has zero added sugars and no sweeteners! Our sugar and color are from fruit extracts, apple juice concentrate, and other natural sources.

How long will it take to see benefits from Liquid Collagen?

Change takes time. You may start to see results in 4 weeks, with continued improvement in 8 weeks.**

Are there other LifeVantage products I can add to my daily routine for youthful, healthy-looking skin?

Protandim® Nrf2 Synergizer® helps provide antioxidant protection from within. Omega+ provides important fatty acids, and some research shows that lutein, which is found in IC Bright®, supports skin elasticity. You can get the benefits of skin care powered by Nrf2 ingredients, shown to visibly reduce signs of aging, with the TrueScience® Beauty System.

Can I mix Liquid Collagen with other food or drink?

Yes. Just be careful not to heat it excessively, as it may break down active ingredients. It tastes great chilled! You can add it to any beverage, such as your favorite smoothie, for its delicious Apple-berry flavor. Liquid Collagen can be taken with or without food.

Do I need to store Liquid Collagen in the refrigerator?

Refrigeration is not required, but some people prefer the taste when it's chilled. Once opened, you must refrigerate any remaining collagen if you don't consume it all at once.



Can I get the same benefits from a product labeled "vegan" collagen? What's the difference?

Vegan collagen doesn't actually contain any collagen peptides, which help boost your body's natural ability to produce collagen (a process that starts slowing down as early as age 25 then progressively worsening over time). Collagen from fish and animals are the actual forms of collagen proteins that make up for what your body can no longer produce. Liquid Collagen provides actual collagen proteins from responsibly sourced fish.

Is TrueScience Liquid Collagen Kosher?

Though many ingredients have been verified by our suppliers as meeting kosher law, the product is not kosher certified. Therefore, we recommend those who adhere to kosher practices do not consume TrueScience Liquid Collagen.

It seems like I can get a lot more collagen from a powder. Why did LifeVantage decide on a liquid collagen? Am I getting enough with the liquid?

Liquid is easily digestible and absorbable. The most important factor isn't the form—it's the type of collagen. Hydrolyzed collagen peptides are already broken down into smaller chains, making them easier for your body to absorb and use. TrueScience® Liquid Collagen delivers these hydrolyzed peptides in a convenient, great-tasting drink. Many people also prefer liquid because it's pre-mixed, portable, and enjoyable, which makes daily consistency easier.*

Is there vitamin C in Liquid Collagen?

The amount has not been measured, but green acerola and other fruits are known sources of vitamin C.

Are there Nrf2 ingredients in Liquid Collagen?

No, but the red quinoa has been shown to increase levels of catalase and superoxide dismutase, which are both antioxidants your body naturally produces in the skin. We recommend Protandim® Nrf2 Synergizer® for more complete antioxidant support for your skin.

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