

# Inner Beauty™ Collagen

## FAQs



Meet Inner Beauty™ Collagen—a clean, sustainably sourced collagen supplement. Made with a highly soluble form of bioavailable type I marine collagen, peach ceramide, hyaluronic acid, prebiotic fiber, and no added sugars, our filler-free formula supports healthy skin, hair, and nails from the inside out.

**Q. What is the intended age range for consumption of Inner Beauty Collagen?**

A. Inner Beauty Collagen is intended for use by adults 18 years old and above.

**Q. How often should Inner Beauty Collagen be consumed?**

A. Inner Beauty Collagen can be used once daily.

**Q. What is the shelf life of Inner Beauty Collagen?**

A. Inner Beauty Collagen has a two-year shelf life.

**Q. Is Inner Beauty Collagen vegetarian and/or vegan friendly?**

A. Inner Beauty Collagen is not vegetarian or vegan friendly due to the sourcing of the collagen.

**Q. Are there ingredients containing gluten or derived from corn, soy, palm/coconut, or tree nuts in Inner Beauty Collagen?**

A. There are no ingredients containing gluten or derived from corn, soy, palm/coconut, or tree nuts in this formula. Please be aware that while this product does not include these ingredients, it is possible that this product may be manufactured in a facility that uses these ingredients in other product formulations. Though there may be gluten, corn, soy, palm/coconut, or tree nuts processed in the same facility, please rest assured that according to cGMPs (current good manufacturing practices) the machinery is cleansed and sanitized between productions to prevent contamination. If you have additional concerns about the use of this product, we encourage you to speak to your health care provider.

**Q. When is the best time of day for consumption?**

A. Inner Beauty Collagen can be consumed at any time of the day.

**Q. Should Inner Beauty Collagen be taken with or without food?**

A. Inner Beauty Collagen can be taken with or without food.

**Q. From what is the collagen derived and what is its function?**

A. Unlike most collagens on the market that use bovine collagen, Young Living's Inner Beauty Collagen uses type I marine collagen derived from fish scale and skin. This type of collagen is better absorbed in the body, giving you better results. Its function is to improve smoothness and elasticity for youthful-looking skin and to support hair and nail health.

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### Q. From what are the ceramides derived and what is their function?

A. The natural glucosylceramide in Inner Beauty Collagen is a white peach-derived ceramide made and produced in Japan. Its function is to increase ceramide production in the skin, which helps provide hydration, decreasing skin dryness. It also supports the dermal layer after UV-induced skin damage.

### Q. Why did you choose fish collagen peptides over other collagen options?

A. Fish collagen peptides, a type I collagen, are unique bioactive peptides and are best known for providing the basis for beautiful skin and strong connective tissues. Science has identified 28 different types of collagen. Type I collagen comprises about 75 percent of the body's collagen glycoproteins and is the principal type found throughout the body. Our type I marine collagen contains a unique combination of amino acids, including hydroxyproline, glycine, and proline—distinctive peptides that stimulate cells in the skin, leading to collagen synthesis.

### Q. What kind of fish are used for sourcing the collagen?

A. The collagen in Inner Beauty Collagen is sourced from crimson snapper, saddletail snapper, carp, cod, pollock, tilapia, golden threadfin bream, milkfish, and sea perch.

### Q. What are the primary benefits associated with this product?

A. Inner Beauty Collagen improves smoothness and elasticity for youthful-looking skin, supports hair and nail health, supports the dermal layer after UV-induced skin damage, helps maintain optimal hydration levels in the cells to reduce the appearance of fine lines and deep wrinkles, and helps provide hydration to the skin, decreasing skin dryness.

### Q. How many servings are there per container?

A. Each container of Inner Beauty Collagen contains 25 servings.

### Q. Which ingredients assist in preserving the product?

A. Inner Beauty Collagen does not contain fillers or preservatives.

### Q. What type of collagen is used in Inner Beauty Collagen? (type I, II, or III)

A. Inner Beauty Collagen contains type I collagen peptides from fish.

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**Q. How long has Young Living been working on Inner Beauty Collagen?**

A. Young Living cares about bringing natural products that work. We've been working on a collagen formula for the past four years. Chasing fads doesn't interest us, but if a supplement looks promising, we often spend years examining the market for what works best.

**Q. What is the key difference in the type of collagen in Inner Beauty Collagen?**

A. To provide the best skin benefits, we've chosen to use type I marine collagen in Inner Beauty Collagen. Many collagen supplements contain type II collagen from bovine, porcine, or chicken. We use type II collagen in our joint health products like AgilEase and BLM because its primary function is joint health. By contrast, type I collagen is primarily targeted toward skin benefits, which is why we've included it in Inner Beauty Collagen. We are also using novel clinically studied ingredients, ingredients backed by science such as peach ceramides, marine collagen, and superoxide dismutase.

**Q. How is our collagen sourced to be considered more sustainable?**

A. The collagen we use is produced from 100 percent fish skin and scales that would otherwise be discarded and sourced from a sustainable and traceable supply chain; it is not irradiated and is certified non-GMO, presenting unmatched advantages in the market. This collagen comes from different fish, including red snapper, tilapia, milkfish, and others. We are aware that some people are concerned about some of these fish, but this ingredient is extracted to include purified fish collagen peptides that will not contain any other unwanted compounds, oils, contamination, or toxins. Because this is a secondary source, these fish may come from farmed or wild-caught sources. The fish is carefully washed to ensure the highest-quality ingredients.

**Q. What is the difference between powdered and liquid collagen?**

A. Some will tell you that powdered collagen is not as bioavailable as liquid collagen. Marine collagen bioavailability is NOT affected or changed if it is in powder form or liquid form before consuming it. When you add Inner Beauty Collagen to a liquid, it dissolves almost instantly. That's partially due to the purity of the collagen and the process that undergoes to break down the collagen protein into peptides. The improved bioavailability also comes from the amino acid profile in marine collagen, and the type of amino acids in this matrix are absorbed more efficiently compared with other sources. When liquid shots are manufactured, the collagen in these products begins as a powder anyway. One of the main benefits of this powdered formula is that it's flavorless, so you can enjoy Inner Beauty Collagen with virtually any beverage.

**Q. How much collagen is in Inner Beauty Collagen?**

A. Inner Beauty Collagen contains 5 grams of marine collagen per scoop, and the first ingredient in this product is collagen peptides. Many other products on the market don't directly disclose how much collagen is in their products. Look for fruit juices and other additives that are grouped with collagen, as they may mask how much collagen is in these products.

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**Q. Is Inner Beauty Collagen more bioavailable than other brands?**

A. Type I collagen is more easily absorbed by the body and contains an amino acid profile that is specifically good for skin. Marine collagen is absorbed up to 1.5 times more efficiently in the body, and the bioavailability is superior to collagen of both bovine or porcine. This is due to its smaller particle size compared to other types of collagen. The smaller particle size allows an easier and faster uptake and transportation of the collagen peptides to the skin, bones, and joints for the synthesis of new collagen.

**Q. Why is vitamin C (ascorbic acid) included in Inner Beauty Collagen?**

A. Ascorbic acid is vitamin C. Vitamin C is required for the biosynthesis of collagen, and it is also an important physiological antioxidant that has been shown to regenerate other antioxidants within the body.

**Q. What does this formula specifically do to help with hair, skin, and nails?**

A. Our collagen has clinically shown to support not only skin health but also hair and nail health. We have also chosen other ingredients that help amplify the benefits of collagen. Ceramides help provide hydration to the skin, decreasing skin dryness. Biotin supports hair and nail health. Superoxide dismutase is an antioxidant enzyme. Tapioca fiber is a prebiotic fiber that supports healthy skin by balancing the gut microbiome. Vitamin C and zinc support collagen synthesis for glowing skin.

**Q. Why is Bloom Collagen liquid when Young Living is releasing a powder form in the U.S.?**

A. This simply comes down to market preference. The U.S. market research we did confirmed that people in this market prefer an additive collagen supplement that is easily incorporated into other products and beverages. Both products use the same marine collagen peptides.