



Health Matters

by
Patsy Meridith, C.N.C.
Owner of
Natural Foods Market

Production of collagen slowly begins to wane as we age. Collagen is a type of protein that continuously renews the resilient matrix of structural tissue found in hair, skin, nails, joints and bones. Generally, it decreases 25% by age 40 and as much as 50% by age 60.

“Hydrolyzed Collagen” is a supplemental protein containing all 18 amino acids needed to rebuild these particular types of structural tissue. A pre-digested form that’s more easily digested and absorbed, it’s available in powder, liquid, tablets, soft gels or tasty low-glycemic vanilla, lemon or chocolate-flavored bars. Experts recommend 5-10 grams of collagen daily for effective tissue regeneration.

As an extremely versatile and functional protein, collagen has potential benefits beyond hair, skin and joint health. It’s been shown, as well, to be especially significant for injury prevention and recovery, control of inflammation and strengthening of the gut and arteries, the linings of which are composed primarily of collagen.

As always, we guarantee your satisfaction.

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