

Collagen + MCT

*Grass-fed, pasture-raised collagen, and MCT from coconut**



FOUNDATIONAL HEALTH



Collagen + MCT is a dairy-free and keto-friendly powder featuring collagen peptides from grass-fed, pasture-raised bovine sources and medium-chain triglycerides (C8 & C10 MCTs) from highly refined coconut oil.* This unflavored, unsweetened powder is optimized for mixing with both cold and hot drinks like smoothies, coffee, or cocoa.

Collagen is the primary structural component of connective tissue and accounts for as much as 30% of the body's total protein. Collagen peptides may be beneficial for supporting bone and joint structures, collagen tissue renewal, and healthy hair, skin, and nails.*

MCTs are special fats that are digested and absorbed differently from other types of dietary fats. The body converts MCTs into ketones, even when not on a ketogenic diet. Ketones are an energy source that most cells and tissues can use. They are especially known for fueling the brain, heart, and skeletal muscles.* Research suggests that MCTs may provide fuel for brain cells, helping to support cognitive function and mental clarity.*

Collagen + MCT is not intended as a meal or snack replacement, but helps increase collagen peptide intake. It's also ideal for those who may benefit from the health-promoting effects of MCTs.

Benefits*

- Helps promote ketogenesis and nutritional ketosis
- Supports cellular energy production
- May promote mental clarity and healthy cognitive function
- Supports connective tissue health

Recommended Use

Mix 13 grams (approx. 1 scoop) with 8 ounces of water per day or as directed by your health-care practitioner.

Highlights

- Contains 7.5 grams of hydrolyzed collagen peptides from grass-fed, pasture-raised bovine sources
- Provides 3 grams of C8 & C10 MCTs from highly refined coconut oil
- Unflavored and unsweetened powder for optimal mixing with cold and hot liquids
- Gluten-free, dairy-free, soy-free, and non-GMO

To contact Designs for Health, please call us at (860) 623-6314, or visit us on the web at www.designsforhealth.com.

Consult with your health-care practitioner about your specific circumstances and any questions you may have about this product.

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