

NATURE'S BEST[®] COLLADEEN[®] Original

551

60 tablets

Product Information Sheet

Please read this leaflet carefully because it contains important information for you.

What is in Colladeen[®]?

Colladeen[®] is a food supplement.

Food supplements should not replace a balanced diet and healthy lifestyle.

This pack contains 4 blister strips of 15 tablets.

Each small round pink tablet provides:		%NRV*
Anthocyanidins/Pro-anthocyanidins (from Grape Seed and Bilberry Extracts)	160mg	
Vitamin C	20mg	25
Also contains: DiCalcium Phosphate, Grape Seed Extract, Cellulose, Vitamin C (Ascorbic Acid), Tablet Coating (Hydroxypropyl Methylcellulose, Colours: Titanium Dioxide & Iron Oxides, Glycerin), Bilberry Extract, Silicon Dioxide, Stearic Acid, Crosslinked Cellulose Gum, Magnesium Stearate.		
*NRV = Nutrient Reference Value		

Colladeen[®] is suitable for vegetarians.

What is Colladeen[®]?

Some of the most exciting advances in nutritional science are the discoveries of nutrients present in our diets, whose importance to health have previously been overlooked or underestimated. One group of nutrients, found in abundance in fruit and vegetables, called flavonoids, have for a long time been recognised as important. Not only are flavonoids a normal part of the diet, they are also prime active components of many herbal remedies, being responsible for an estimated 50% of all their medicinal effects. More recently, a division of the flavonoid family called anthocyanidins, have been identified as powerful antioxidants as well as being particularly active in supporting and repairing collagen-rich structures in the body.

In plants, anthocyanidins are responsible for the pigments that give fruit and berries their fabulous, rich colours. So dark skinned fruit such as black grapes, cherries and blackberries can provide useful levels of anthocyanidins. The trouble is we just don't eat enough of these foods to have a significant effect.

This is where the daily supplement Colladeen[®], which contains one of the highest levels of anthocyanidins available, is invaluable. In fact, just two tablets of Colladeen[®] provide an impressive 320mg of anthocyanidins.

What is Colladeen[®] recommended for?

Collagen is the most abundant protein in the body – it is the protein that forms connective fibres in tissues such as skin, ligaments, cartilage, muscles and capillaries.

In fact, there are many health problems that can result from compromised or weakened collagen, including worn joints, easy bruising and 'leaky' or damaged capillary walls. So finding that anthocyanidins help build and restore collagen raises the prospect of a safe natural approach to a number of conditions, including:

- **Non-medical fluid retention caused by 'leaky' blood vessels**

Research indicates that the tiny blood vessels, or capillaries, that supply nutrients to the tissues of the body can become 'leaky' due to imperfections in the vessel walls. This leads to fluid leaking out of the capillaries into the

surrounding tissues, resulting in varying degrees of fluid retention. A good diet high in vitamin C will provide the body with the nutrients it needs to repair the capillary walls and vitamin C is known to contribute to the maintenance of normal collagen, the tough protein that forms the main structure of vessel walls.

Anthocyanidins, the compounds in Colladeen[®] are known to have an influence on the strength of collagen and Colladeen[®] was used in a clinical study to investigate its influence on non-medical fluid retention.

- **Skin vitality**

Anthocyanidins can help to reinforce and preserve collagen in the body to such an extent that they may help to improve skin elasticity.

- **Vascular health**

The nutrients in Colladeen[®] contribute to normal collagen formation, and therefore to the normal function of blood vessels. Weak blood vessels are known to result in easy bruising.

- **Sports injuries**

Anthocyanidins have been reported from studies to have a useful role in reducing swelling and so along with their ability to reinforce collagen and antioxidant activity, have consequently led Colladeen[®] to being used for both acute and chronic muscle aches and pains.

Who is Colladeen[®] suitable for?

Colladeen[®] contains naturally-sourced anthocyanidins (extracted from grapeseeds and bilberries). Anthocyanidins are safe, natural flavonoids that are not known to interact with medicines. Colladeen[®] is therefore suitable for all adults and particularly so for those concerned about:

- Non-medical fluid retention
- Skin vitality
- Vascular health
- Acute and chronic muscle aches and pains

How to take Colladeen[®]

INITIAL INTAKE

Colladeen[®] is best taken daily for at least 8 weeks.

Two tablets should be taken each day; one in the morning and a further one in the afternoon or evening. Colladeen[®] does not have to be taken with food.

MAINTENANCE INTAKE

After 8 weeks of taking 2 tablets a day, a maintenance level of 1 tablet per day can be tried. However, 2 tablets can be safely taken over long periods of time, if necessary.

Do not exceed recommended daily dose.

Cautions

Do not take if pregnant or breast feeding.

Colladeen[®] is safe at the recommended intake.

How Colladeen[®] should be stored

Store in a cool, dry place.

Do not use after the best before end date (BBE) shown on the pack.

Keep away from children.

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