

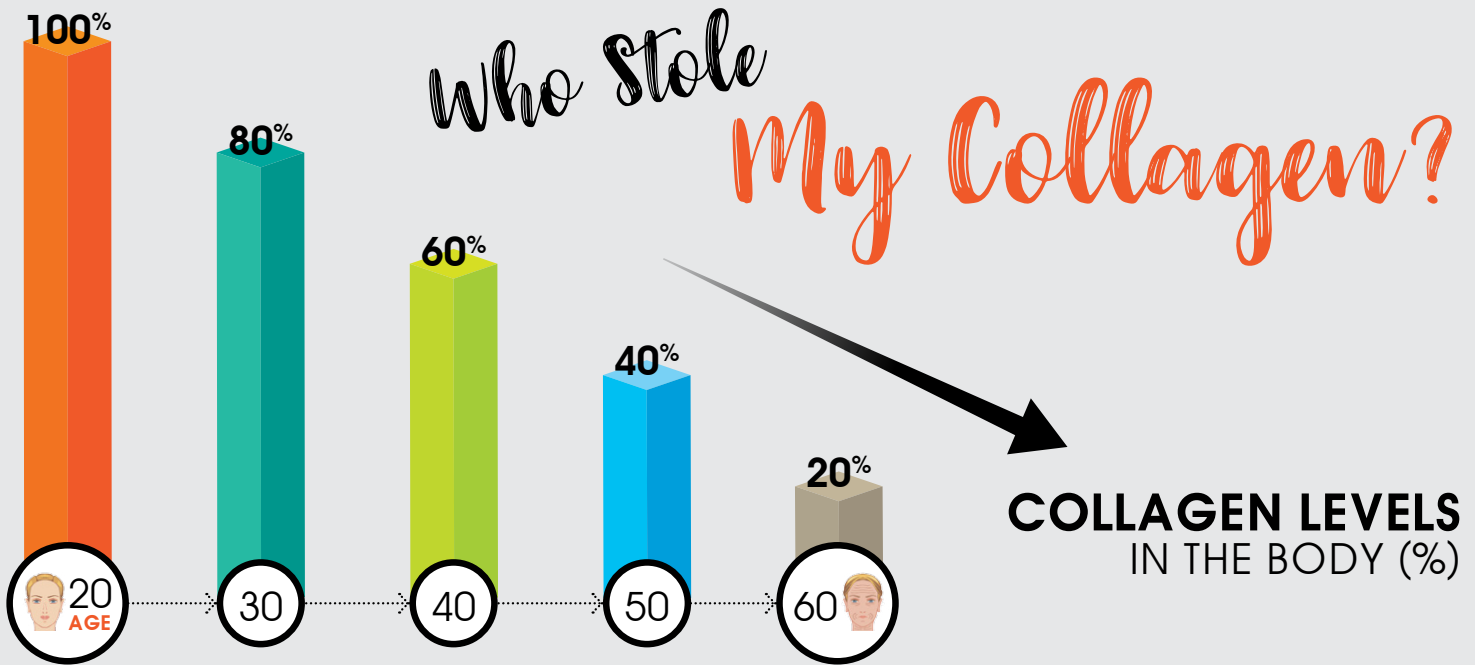


Rosemary's
**Natural
Choices**

95 Lincoln St., St Charles Plaza
Welland, ON L3C 7C3

Tel: 905.714.0586

www.rosemarysnaturalchoices.com



In every body - collagen is the primary 'structural protein.' However, due to its importance for your skin it is also referred to as the 'beauty protein'. In youthful skin collagen is abundant making up 75% of the dermis (the dermis is the layer of tissue below your skin). It contains your capillaries, nerve endings, sweat glands, and hair follicles, and is responsible for giving your skin its structure, firmness, and elasticity.

Believe it or not, your collagen starts to decline by the age of 20. By 60, your collagen production is reduced by 80%! Age-related decline in collagen production is met with yet another problem. Collagen is constantly under attack by free radicals which damage and weaken the collagen matrix. The decline in your collagen production along with ongoing free radical damage results in significant changes in your skin including the appearance of aging, fine lines, furrows, roughness, and wrinkles. The dermis is an elastin matrix and is the source of your skin's firmness, elasticity, tone, integrity and overall health and longevity. The dermis also contains tiny blood vessels which deliver the active ingredients found in collagen (collagen peptides) which help to build and protect the skin's matrix. This process improves your collagen strength, function, and makes it more resistant to free radical damage. And research shows that the collagen peptides will actually stimulate your cells to increase collagen production.

When you take collagen, your body begins to manufacture more collagen, helping to reduce and reverse wrinkling and skin-aging! Because collagen is such a vital protein, it also helps ease joint pain and increase bone density. **Naka Pro Extra Strength Collagen features 10,000 mg of collagen peptides!**