

Hydrolyzed Collagen

After reading the Collagen chapter at www.thedoctorwithin.com, the reader will know that after a few weeks of using hydrolyzed collagen the user's skin, muscle tone and many other systems show vast improvement.

What is so special about this particular Hydrolyzed Collagen?

There are many different collagen products available on the market. Most are made as cheaply as possible and marketed as the best product available.

Three factors determine any collagen's value:

Bioavailability

Hydrolysis

Source

Bioavailability means uptake at the cellular level. How much of the product gets into the blood and finally into the cells.

The majority of commercial collagens are not well digested and don't even make it as far as the bloodstream, let alone the cells of the body.

The most important factor is the size of the molecules of the consumed product.

If the molecules are too large most will just pass through the body without ever having been used. The molecular weight of collagen products is measured in **Daltons**. If one researched the various molecular weights of most collagens available through supplement distributors and stores, the molecular weight is generally not advertised. The reason is that even though the ads often use the phrase Low Molecular Weight, the molecules are usually quite large, in a range of 40,000 - 45,000 Daltons. Such large proteins have difficulty being metabolized into building blocks of new collagen because of the difficulty in reducing the molecules to an effective size. As a result, most of the collagen in this form is excreted unused from the body.

Hydrolysis is the process by which the raw materials are made into collagen supplements. Most manufacturers use heat, hydrochloric acid and other acids for hydrolysis. This is the least expensive way and produces a product that not only has been damaged by the heat and acids, but may contain unwanted residuals.

The cleanest way to hydrolyze the collagen is by the use of proteolytic enzymes. This process secures the integrity of the molecules and the purity of the final product.

The natural collagen suggested in this product has a molecular weight of under 3,000 Daltons. By hydrolyzing 6-8 separate times by way of the enzyme method is what creates a bioavailable product. It is an expensive process but the final result is what counts.

The third factor is the *source*. The highest quality collagen must come from cattle raised in an organic natural environment. The raw collagen is extracted very carefully and shipped for the final enzymatic hydrolysis. The best source, the cleanest process for splitting molecules into smaller sizes, for maximum uptake at the cellular level creates the finest bioavailable product for clinical results. The end result is what you see when you blend **Two tablespoons 2 times a day, every day** blended with water and juice.

Remember this is Not a drug, you do not need a loading dose, and it is a natural supplement. Don't miss a day. A couple of months of consistent use and you may well be sending in a story like those seen in the Feedback section of the collagen chapter found at www.thedoctorwithin.com.

For best results keep your Hydrolyzed Collagen refrigerated, though it will be fine if kept in a cool dark place. It's also OK to keep the lid off or loose to let it breathe. Remember, this is a 100% natural product with no preservatives and it can be harmed by very high temperatures.