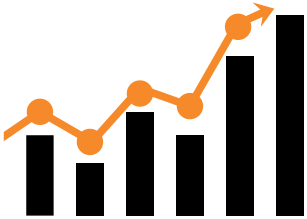


# DID YOU KNOW?

## COLLAGEN



### PERFORMANCE IMPACT

Transmit **FORCE** through bone and muscles  
Withstand large amounts of **STRESS** and **STRAIN**  
Possibly **SPEED UP** injury/overuse STI rehab



### LONG TERM IMPACT

Large component of **TENDONS, LIGAMENTS, BONE, ECM**  
Greater tissue strength = **INJURY RESILIENCE**  
Stronger tissue = Increased **STRENGTH** and **POWER**



### DOSE AND USE PROTOCOL

**MAIN USE - REHAB, STI, and OVERUSE ATHLETE**  
Consume 15-20 g. collagen peptides  
+ 50-100 mg. Vitamin C, 1 hour **PRIOR** to exercise  
Vitamin C - 8-10 fl. oz. of cold 100% **JUICE** or supplement



### CAUTION

New research on athletes - **NEEDS MORE STUDY**  
Does not stimulate muscle growth - different proteins  
May be just as good to consume a **COMPLETE PROTEIN** instead  
**NOT A SUBSTITUTE FOR PTs/ATCs/MDs INTERVENTION**