



July 6, 2015



Drink Your Way to Healthy Skin with Collagen Supplementation!



Here's a bit of bad news, after age 25, collagen levels in the body start to decline at a rate of 1 to 1.5% a year. The good news is you can help keep your skin plump and increase your collagen and even hyaluronic acid levels with the right supplements. I've been hearing the buzz about these types of supplements for a while. Collagen supplementation is extremely popular and mainstream in Asian countries – where they're serious about their beauty regimens and skincare. We all witnessed and indulged in the BB/CC cream frenzy that started in Asia and this will be huge here as well.

I'm a business consultant for a skincare/medical spa distributor and this is a brand I represent to my medical accounts. I had advanced training on the formulations and technology of this company, which was founded by a scientist and formulated with a doctor. Since I saw so many success stories, I had to try this for myself. I started taking the supplement about a month ago and I'm excited to see the changes to my hair, skin, nails and even a nagging injury to my ankle I got on a hiking trail a couple of months ago. Collagen supplementation is also very good for the connective tissue in the body since it's comprised of collagen. It's important to note, these types of supplements don't deliver instant results – so I'm being patient (and consistent!) and just know from the clinical studies and the glowing reviews of those around me that this works. It makes sense to me as an Esthetician and Nutritionist since everything we ingest- good or bad- effects our skin's integrity and health. The right internal supplements can be just as important as your topical treatments, and will definitely be a welcome addition to a comprehensive approach to taking care of your skin.

The product I'm using is called Advanced Connective Tissue Formula, by Collagen MD. What I really like about this is that it's a pharmaceutical grade hydrolyzed collagen type I and III. It's also sugar free, doesn't have a taste, and it's free of sugar, soy, dairy, preservatives and gluten. Some high-end spas are using this formula to make their own signature elixir for their clients to indulge in on their visits. I have been mixing up a drink in the morning with coconut water, and any type of fresh organic berries I have on hand. When I'm in a big hurry I just add a couple scoops of the powder to my water bottle – shake it up and drink it right away. It's also a great way to boost your water intake as well. What's important to note is that you don't want to take the supplement with a protein since it has to be the sole source of protein at the time you ingest it for it to assimilate properly. For the first two weeks I would only put 1 scoop in my drink and after a couple of weeks I increased it to the recommended 2 scoops. There is a very small percentage of the population (4%) that are sensitive to taking collagen supplements so it's very unlikely you would have any issues especially since Collagen MD is free of extra ingredients you don't need.

This supplement also contains Vitamin C, which is needed by the body to produce collagen. It also contains one of my favorite skincare ingredients which is also naturally occurring in our skin, Hyaluronic Acid, also known as, "Nature's Moisturizer". Hyaluronic acid is a glycosaminoglycan that gives our skin a supple, hydrated appearance, and provides the body with lubrication. It also contains folic acid, biotin and B12 – necessary for skin health and collagen synthesis. What's also important to me to note, is that this is a very "clean" supplement. I always read labels and make sure the supplements I'm taking don't contain fillers, sugar and preservatives. Collagen MD is manufactured in the U.S. and has quality ingredients without any cheap filler ingredients you don't want. If you would like more information you can check out the website here: www.collagenmdprofessional.com

behind the blog

My name is Pearl



My name is Pearl. And I really know my stuff.

You know how some women have that gorgeous, blissed-out glow that almost vibrates off the skin? I can help you glow like that.

Or how some women appear to exude radiant health from every cell and pore? I can help you radiate like that.

I've dedicated my career to helping women like you feel healthier, inspired and more beautiful through a mix of holistic strategies, makeup techniques and self-care. I'm a licensed esthetician with advanced expertise in reflexology, aromatherapy, holistic nutrition, Chinese skin diagnostics, and makeup for film and television. From acne and rosacea to wrinkles, I've got you covered.

I want you to know that I understand how frustrating and overwhelming it can be to find a skincare, nutrition and makeup routine that works. The good news is that there are multiple ways to improve your relationship with the skin you are in, and I invite you to consider me as your own personal beauty oracle.

kNow more beauty secrets.

Welcome to Glamologie.



CALIFORNIA SKINCARE SUPPLY

Collagen M.D.[®]

Go Dairy Free - Review By Alisa Fleming
Publication: www.godairyfree.org
Published Date: June, 2014

Press Review

**Alisa Fleming, Best Selling Author, Go Dairy Free - The Guide and Cookbook;
Founder, www.godairyfree.org; Senior Editor - Allergic Living Magazine**

Honestly, the concerns of aging hadn't really hit me, but when a friend in the natural food industry brought Collagen MD to my attention, I took it as a sign to start paying attention. I do exercise regularly to keep my muscles, bones, and tendons strong and my skin healthy, but a little insurance never hurts. Plus, I'm past 35, and know that my body is now breaking down more rapidly than in the younger years, and I don't want to go down without a fight!

Collagen MD gluten-free and dairy-free Advanced Connective Tissue Formula is a powder supplement that is formulated with an "anti-aging" blend of highly-bioavailable collagen type I & III peptides, hyaluronic acid, vitamin C, folic acid, biotin and vitamin B12. They recommend mixing it with juice or water (you aren't supposed to take it with any type of protein), but all-fruit smoothies or ones with coconut milk beverage or coconut milk yogurt are also delicious ways to enjoy it! I always use frozen fruit for a very creamy delight. See my Healthy Skin Smoothies post for some fun recipe blends.

Does it work? I've trialed this product for several months with great success! I've noticed strengthening in my nails and hair follicles (my hair falls out more easily with the hard water we have here, but it has slowed quite a bit), and a minor nagging tendon injury magically healed.



Collagen M.D. Advanced Connective Tissue Formula

We trial HUNDREDS of products every year. These are what we consider to be the Best of the Best for dairy-free living!and in a refreshing 'healthy skin' smoothie blend using the probiotic coconut water, frozen banana and Collagen MD (dairy-free / gluten-free)...

Collagen M.D.[®]

Go Dairy Free - Review By Alisa Fleming
Publication: www.godairyfree.org
Published Date: June, 2014

Press Review

**Alisa Fleming, Best Selling Author, Go Dairy Free - The Guide and Cookbook;
Founder, www.godairyfree.org; Senior Editor - Allergic Living Magazine**

Honestly, the concerns of aging hadn't really hit me, but when a friend in the natural food industry brought Collagen MD to my attention, I took it as a sign to start paying attention. I do exercise regularly to keep my muscles, bones, and tendons strong and my skin healthy, but a little insurance never hurts. Plus, I'm past 35, and know that my body is now breaking down more rapidly than in the younger years, and I don't want to go down without a fight!

Collagen MD gluten-free and dairy-free Advanced Connective Tissue Formula is a powder supplement that is formulated with an "anti-aging" blend of highly-bioavailable collagen type I & III peptides, hyaluronic acid, vitamin C, folic acid, biotin and vitamin B12. They recommend mixing it with juice or water (you aren't supposed to take it with any type of protein), but all-fruit smoothies or ones with coconut milk beverage or coconut milk yogurt are also delicious ways to enjoy it! I always use frozen fruit for a very creamy delight. See my Healthy Skin Smoothies post for some fun recipe blends.

Does it work? I've trialed this product for several months with great success! I've noticed strengthening in my nails and hair follicles (my hair falls out more easily with the hard water we have here, but it has slowed quite a bit), and a minor nagging tendon injury magically healed.



Collagen M.D. Advanced Connective Tissue Formula

We trial HUNDREDS of products every year. These are what we consider to be the Best of the Best for dairy-free living!and in a refreshing 'healthy skin' smoothie blend using the probiotic coconut water, frozen banana and Collagen MD (dairy-free / gluten-free)...

Press Review
Athena Markopulos, Publisher
SELECT Magazine: Health, Beauty & Wellbeing

At the age of 44, my skin has lost some of its collagen and elasticity. I've developed fine lines around my eyes and forehead and it just "hangs" differently than it used to. I was determined to find a natural solution and since I've always known that topical collagen products are ineffective, I didn't know where else to look. Luckily, a friend of mine introduced me to the idea of taking collagen internally—who knew? But with volition, she recommended that I use not just any collagen supplements, but that "I must use Collagen MD" because of the results she had personally experienced. She noticed her skin had less wrinkles overall and that she didn't need to get her Botox and other injections as often, which saved her a lot of money and hassle. It was because of her enthusiasm and story about this product that intrigued me enough to take Collagen MD myself to help restore the loss of collagen in my own face. When I first began taking Collagen MD for aesthetic reasons, I found it hard to remember to take it on a regular basis. It was not until I was told that it was also good for joint health that I began to take it on a regular basis because of excruciating knee joint pain caused by a new exercise regimen. I was extremely grateful that within only a few weeks of taking Collagen MD on a daily basis, the knee joint pain disappeared. This was the undeniable evidence I was looking for and was instantly convinced that I must continue to take it.

With passion, I recommend that anyone interested in increasing their collagen levels throughout their body, take Collagen MD. A Sincere Thank You Collagen MD! Athena Markopulo

Press Review
Athena Markopulos, Publisher
SELECT Magazine: Health, Beauty & Wellbeing

At the age of 44, my skin has lost some of its collagen and elasticity. I've developed fine lines around my eyes and forehead and it just "hangs" differently than it used to. I was determined to find a natural solution and since I've always known that topical collagen products are ineffective, I didn't know where else to look. Luckily, a friend of mine introduced me to the idea of taking collagen internally—who knew? But with volition, she recommended that I use not just any collagen supplements, but that "I must use Collagen MD" because of the results she had personally experienced. She noticed her skin had less wrinkles overall and that she didn't need to get her Botox and other injections as often, which saved her a lot of money and hassle. It was because of her enthusiasm and story about this product that intrigued me enough to take Collagen MD myself to help restore the loss of collagen in my own face. When I first began taking Collagen MD for aesthetic reasons, I found it hard to remember to take it on a regular basis. It was not until I was told that it was also good for joint health that I began to take it on a regular basis because of excruciating knee joint pain caused by a new exercise regimen. I was extremely grateful that within only a few weeks of taking Collagen MD on a daily basis, the knee joint pain disappeared. This was the undeniable evidence I was looking for and was instantly convinced that I must continue to take it.

With passion, I recommend that anyone interested in increasing their collagen levels throughout their body, take Collagen MD. A Sincere Thank You Collagen MD! Athena Markopulo

Collagen M.D.[®]

Catherine Miller, Founder of Passionate Living
& Former Publisher of Holistic Health Journal

UPDATED SEPTEMBER 2013 - *I've been taking Collagen MD Advanced Connective Tissue Formula for a year now and I can hardly believe the results. As former publisher of Holistic Health Journal, I tried a plethora of skin care products to maintain the youthfulness of my skin and though some were good, none of them actually seemed to restore the vitality. Within a month of taking the Advanced Connective Tissue Formula in my morning smoothie, friends began commenting on how youthful my skin looked. I noticed that the elasticity that I had been losing was actually being restored. After about 4-5 months on Advanced Connective Tissue Formula, another amazing breakthrough occurred. Chronic pain that I had been feeling for years was being alleviated. I am now almost completely pain free and my skin looks better than ever! I have recommended this product to family and friends and they have had the same extraordinary results. Thank you Collagen MD for developing such a powerful, high quality product!*

2012 - *"Needless to say, through my decades of publishing cutting edge editorial in relation to holistic health and integrative medicine, a plethora of products have come my way. Each time I try something new, I am an open-minded skeptic about the potential outcome, as many therapies and supplements boast of their astounding results, but often come up short of their promises. Collagen MD is one of the most amazing products that I've ever experienced, hands down! A colleague of mine gave me a sample to try for 30 days, as he was so convinced that I would be impressed with the results. I have been taking the Collagen MD Advanced Connective Tissue Formula and the Collagen II Joint Formula. I was surprised that not only did my skin look more youthful, but my whole body felt better, with an increase in overall energy. As well, I've noticed that my memory and cognitive skills have improved a bit already. I'm now a total fan of Collagen MD and can't wait to see what happens over the next few months of continued use. It's so inspiring to come across a supplement that is so powerfully effective ... and in such a short period of time. I will recommend this product to EVERYONE!"*

Collagen M.D.[®]

Catherine Miller, Founder of Passionate Living
& Former Publisher of Holistic Health Journal

UPDATED SEPTEMBER 2013 - *I've been taking Collagen MD Advanced Connective Tissue Formula for a year now and I can hardly believe the results. As former publisher of Holistic Health Journal, I tried a plethora of skin care products to maintain the youthfulness of my skin and though some were good, none of them actually seemed to restore the vitality. Within a month of taking the Advanced Connective Tissue Formula in my morning smoothie, friends began commenting on how youthful my skin looked. I noticed that the elasticity that I had been losing was actually being restored. After about 4-5 months on Advanced Connective Tissue Formula, another amazing breakthrough occurred. Chronic pain that I had been feeling for years was being alleviated. I am now almost completely pain free and my skin looks better than ever! I have recommended this product to family and friends and they have had the same extraordinary results. Thank you Collagen MD for developing such a powerful, high quality product!*

2012 - *"Needless to say, through my decades of publishing cutting edge editorial in relation to holistic health and integrative medicine, a plethora of products have come my way. Each time I try something new, I am an open-minded skeptic about the potential outcome, as many therapies and supplements boast of their astounding results, but often come up short of their promises. Collagen MD is one of the most amazing products that I've ever experienced, hands down! A colleague of mine gave me a sample to try for 30 days, as he was so convinced that I would be impressed with the results. I have been taking the Collagen MD Advanced Connective Tissue Formula and the Collagen II Joint Formula. I was surprised that not only did my skin look more youthful, but my whole body felt better, with an increase in overall energy. As well, I've noticed that my memory and cognitive skills have improved a bit already. I'm now a total fan of Collagen MD and can't wait to see what happens over the next few months of continued use. It's so inspiring to come across a supplement that is so powerfully effective ... and in such a short period of time. I will recommend this product to EVERYONE!"*

Collagen M.D.[®]

Testimonial
Pat Whelan, Industry Consultant

In February 2012, I noticed that I was becoming, "Thin-skinned" despite doing exercise regularly. Fortunately, I was introduced to Collagen MD Advanced Connective Tissue Formula in March of that year. I was told not to expect any overnight miracles. After all, it took years and years to deplete my system of proper collagen levels. What I did notice in the first 30 days was much greater energy, better cognizant function, better eyesight, and an overall euphoric feeling. Little by little I noticed my skin getting thicker and more defined from my workouts. After 5 weeks, people began making comments about my skin. I didn't notice as I see myself every day, but others certainly did. I also began taking the Hyaluronic Acid in addition, and, had found that my chronic dry-eye condition completely disappeared! Even if I go a few days without taking it, the condition returns. It has also greatly moisturized my dry skin condition. It is now 19 months later, and I can say with complete confidence that my, "skin foundation" is solid and that of twenty years ago. I no longer have that euphoric feeling, but, I still have a ton of energy! Sometimes it is the things that you cannot see that are effected the most. And, my hair and nails grow faster than ever. My face no longer has that, "rugged-look." My skin is smooth and soft to the touch. I have also been taking the Type II Collagen Formula for my joints and ligaments, but a very pleasant unexpected effect has occurred: my blood pressure has returned to normal! In summary, I know for a fact that these products work for me, and I have made a lifestyle commitment to take them every day from now on. --Pat Whelan, Industry Consultant

Collagen M.D.[®]

Testimonial
Pat Whelan, Industry Consultant

In February 2012, I noticed that I was becoming, "Thin-skinned" despite doing exercise regularly. Fortunately, I was introduced to Collagen MD Advanced Connective Tissue Formula in March of that year. I was told not to expect any overnight miracles. After all, it took years and years to deplete my system of proper collagen levels. What I did notice in the first 30 days was much greater energy, better cognizant function, better eyesight, and an overall euphoric feeling. Little by little I noticed my skin getting thicker and more defined from my workouts. After 5 weeks, people began making comments about my skin. I didn't notice as I see myself every day, but others certainly did. I also began taking the Hyaluronic Acid in addition, and, had found that my chronic dry-eye condition completely disappeared! Even if I go a few days without taking it, the condition returns. It has also greatly moisturized my dry skin condition. It is now 19 months later, and I can say with complete confidence that my, "skin foundation" is solid and that of twenty years ago. I no longer have that euphoric feeling, but, I still have a ton of energy! Sometimes it is the things that you cannot see that are effected the most. And, my hair and nails grow faster than ever. My face no longer has that, "rugged-look." My skin is smooth and soft to the touch. I have also been taking the Type II Collagen Formula for my joints and ligaments, but a very pleasant unexpected effect has occurred: my blood pressure has returned to normal! In summary, I know for a fact that these products work for me, and I have made a lifestyle commitment to take them every day from now on. --Pat Whelan, Industry Consultant



Collagen M.D.®

For many of us, our daily skin routine involves treating our faces with the latest moisturizing serum. However, our aging skin needs special care and attention from the inside too. More and more people are turning to nutricosmetic supplements for a holistic, inside-out approach to fight the effects of aging.

Collagen M.D. has introduced a line of nutricosmetics - specialized nutrition in the form of dietary supplements - that are taken daily to help support and maintain skin health. The nutritional strategy with nutricosmetics is to promote skin vitality by supporting the natural mechanisms of the body that contribute to skin health.

Because skin is the body's largest organ, it plays a significant role in our overall health and wellness. Skin has a variety of functions, including contributing to our immune defense system, producing vitamin D, regulating body temperature and acting as a barrier against bacteria.

As we get older, it becomes more important than ever to eat a balanced diet and take the right supplements to ensure that our skin has the essentials it needs to look its best. One of those essentials is collagen. Each day, the body repeats a cycle of breaking down and regenerating some of its collagen supply. However, collagen renewal can be impaired by many factors: the natural aging process, diet, excessive exposure to the sun and chronic illness. So a combination of extrinsic and intrinsic factors plays a role in the way our skin ages.

Our genes determine our *intrinsic aging* (you can thank or blame your parents!). Starting in our 20's, cell turnover and collagen production both decline, which causes a decrease in skin firmness and resilience. *Extrinsic aging* is determined by our actions, like eating a healthy diet, getting enough sleep and spending time in the sun.

Protecting skin from excessive exposure to the sun is tremendously important because UV radiation interferes with the body's production of collagen, which is a cause of prematurely aged skin.

As a key component of connective tissue, collagen fibers are responsible for maintaining the structure and resilience of many parts of the body. Derived from the Greek word "kolla" (which means "glue"), collagen holds specialized cells together throughout the body. Collagen is the building block of all the soft connective

tissues of the skin, muscles, organs, arteries and veins while the skeletal system's tough connective tissues are located in bone and cartilage.

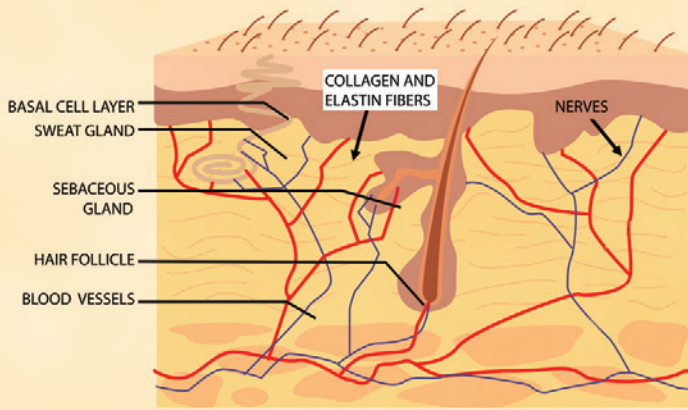
Collagen is the most abundant protein in the body, comprising 25-30% of the body's overall protein and up to 70% of the skin. Collagen type I is the most abundant form of collagen in the body and it's a key component of skin, tendons, blood vessels, ligaments, organs and bone. Collagen type III is part of the composition of reticulate fiber and normally found next to collagen type I in the skin, intestines and artery walls. Unfortunately, after the age of about twenty-five, collagen renewal slowly declines, which coincides with the onset of fine lines, wrinkles, thinning hair, joint pain or the general breaking down of skin.

Fortunately, collagen supplements help the body fight the effects of aging. Collagen M.D. is a professional nutricosmetic brand sold through natural practitioners, health and wellness professionals and medical spas. Specializing in collagen peptide and hyaluronic acid supplements, its award-winning, Advanced Connective Tissue Formula nutricosmetic formulation provides a combination of youth-enhancing hyaluronic acid, 19 amino acids from dietary collagen type I and III peptides and water soluble vitamins to support skin health from the inside.

Dietary collagen type I & III peptides are a concentrated source of *glycine*, *proline* and *hydroxyproline*, with glycine and proline concentrations triple that of protein from eating beef. Glycine represents approximately one-third of the composition of collagen, so it's a key component of skin, muscle and other connective tissues. Glycine is important not only for skin health but also for repairing injured tissue and building new muscle tissue.

Proline is vital in the production of collagen and promotes connective tissue, skin, joint and muscle tissue health. Known as glucogenic amino acids, both proline and glycine play a role in the supply of glucose to the body for energy. Proline and hydroxyproline - another component of collagen - together contribute to the stability of collagen throughout the body.

Collagen M.D.'s **Advanced Connective Tissue Formula** is an excellent source of dietary hyaluronic acid, or HA. Hyaluronic acid is also known as "nature's moisturizer" because it contributes to the appearance of supple, hydrated skin. HA is one of the body's most water-loving molecules and plays a role in the control of tissue hydration and water transport in the body. Hyaluronic Acid is found in almost every tissue in the body, but prominently in connective tissues, neural tissues, the eyes, skin and joints. One-third of



the HA in the body is used and renewed daily; however, the body's production of hyaluronic acid decreases with age, which means the skin's capacity to retain moisture also declines. Thus supplementation helps support and maintain a healthy skin matrix, working synergistically with collagen type I & III to support connective tissue health.*

Advanced Connective Tissue Formula is fortified with four water-soluble vitamins that are important to the cycle of collagen production; vitamin C, vitamin B12, folic acid and biotin. Vitamin C plays an important role in the body, interacting with amino acids, lysine and proline in the production of collagen. The tissues of the body store less than a one-month supply of vitamin C and a deficiency impacts collagen production profoundly. While B vitamins aren't directly involved in the production of collagen, they play a vital role in the synthesis of protein, so any deficiencies can negatively impact collagen production.

Studies show that oral collagen supplements are safe. More than 90% of dietary collagen is digested and quickly absorbed after being taken as supplements. Even with an optimal diet, the amino acid composition in dietary collagen peptides may be beneficial to maintain and support collagen production.*

Collagen M.D.[®] dietary supplements are highly bioavailable, easy to digest and a healthy addition to a professional program for both men and women. All Collagen M.D.[®] supplements are gluten-free, dairy-free, soy-free, sugar-free. Advanced Connective Tissue



Formula is neutral in taste and comes in a powdered form that's easy to mix in a personal blender with a variety of other healthy ingredients for a delicious, youth-enhancing smoothie.

Here are some recipes to try with Advanced Connective Tissue Formula:

1 cup orange juice
1 Tbsp raw cocoa powder
stevia to taste
Advanced Connective Tissue Formula

¼ cup cranberry juice
3 fresh strawberries
¾ cup water
stevia to taste
Advanced Connective Tissue Formula

½ cup fresh carrot juice
½ cup orange juice
Advanced Connective Tissue Formula

¼ cup mango slices
¼ cup raspberries
¾ cup water
stevia to taste
Advanced Connective Tissue Formula

Advanced Connective Tissue Formula should not be combined with protein powders or liquids as this will interfere with the bioavailability of the ingredients. You should also avoid consuming any other protein for at least 20 minutes. Collagen M.D. supplements should not be taken if you are pregnant, nursing, restricted to a low-protein diet or allergic to sulfites.

The science of age-management is advancing rapidly, driven by the reality that we are living longer. According to the Surgeon General, "If you are among the 2 out of 3 Americans who do not smoke or drink excessively, your choice of diet can influence your long-term health prospects more than any other action you might take." Replenishing the body with Advanced Connective Tissue Formula is nutrient-rich support for the natural mechanisms of the body that promote connective tissue and skin health and, when taken daily, complement a balanced diet and healthy lifestyle.* ♦

**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.*

Website: www.collagenmdprofessional.com
Email: info@collagenmdprofessional.com
Telephone Toll Free: 1.877.636.2366
Outside the U.S. +1.949.394.9986



Inside Job

Discover how nutricosmetics can boost the health of your clients' skin

IN AN EFFORT TO PROVIDE CLIENTS WITH more than just pampering and relaxation, many of today's spas have also incorporated health and wellness offerings, such as nutrition consultations, fitness classes, and oral-based beauty-enhancing supplements known as nutricosmetics. Combining the health benefits of nutraceuticals with the cosmetic benefits of cosmeceuticals, nutricosmetics treat the skin and body from the cellular level by promoting skin cell renewal and revealing healthier looking and glowing skin.

Nutricosmetics, which are available in a variety of forms, including liquids, capsules, powders, and even chewing gum and gummy bears, are not intended to replace proper nutrition and a

healthy lifestyle. They are designed to complement topical skincare treatments, help protect skin from environmental stressors, and support healthy skin, hair, and nails. "Topical skincare products play an important role in the maintenance of good-looking skin, but a healthy skin matrix really has to start from the inside," says Al Quadri, president of Collagen M.D. According to international beauty nutrition and nutricosmetics expert Paula Simpson, nutricosmetics work systematically by bypassing the digestive system and making their way into the bloodstream toward the dermal layers where blood vessels bring oxygen and nutrients to skin layers for healthy cellular renewal and protection. "Although proper nutrition and a balanced eating plan is a starting point for optimal

[skin deep]

oral beauty supplements offer the right nutrients for healthier skin,” says Simpson. “To get this amount of nutrients from diet alone can be difficult on a daily basis. Nutricosmetics may contain amino acids, antioxidants, botanical extracts, minerals, and targeted vitamins in their composition that may have a protective or restoring effect on the health and appearance of skin.”

Because every nutricosmetic brand is different, effectiveness depends on a number of factors, including ingredients and dose protocols.

Collagen M.D. Advanced Connective Tissue Formula, for example, is a powder supplement that is formulated with a combination of biotin, folic acid, hyaluronic acid, peptides, vitamin B12, and vitamin C to help support the metabolic needs of aging skin. The formula is easy to digest and highly bioavailable,” says Quadri. “Mix two scoops into a blender with any combination of juice, water, fruits, or vegetables for a delicious age-management smoothie.”

Spas typically offer nutricosmetics as an in-spa addition to treatments to help clients achieve the most optimal results or in the retail area to help clients maintain results at home.

While nutricosmetics are growing in popularity at spas nationwide, many clients are still unaware of their benefits, which is why education is key.

“Dietary and life - style factors are increasingly in the spotlight for the positive impact they can bring toward our outer appearance.”



While most healthy spa-goers can benefit from nutricosmetics, it is important to be aware that they are not recommended for pregnant or breast-feeding women and should never replace a well-balanced diet. Also, any clients with a medical condition should always consult with a healthcare professional before beginning any nutricosmetic or dietary supplement program.



“Today, spa-goers are moving beyond topical esthetics to support natural beauty and healthy aging,” says Simpson. “Dietary and lifestyle factors are increasingly in the spotlight for the positive impact they can bring toward our outer appearance.”

The spa offers the intersection where clients can access holistic beauty and wellness programs. By pairing with the most appropriate nutricos-metic for your spa, you have the opportunity to embrace this category of products to provide a one-stop oasis in combining beauty, health, and wellness.”—Nicole Altavilla

“Although proper nutrition and a balanced eating plan is a starting point for optimal health, oral beauty supplements offer the right nutrients for healthier skin.”

“Nutricosmetics work systematically by bypassing the digestive system and making their way into the bloodstream.”

Help clients embrace the idea that beautiful skin really does come from within

Collagen M.D.

Advanced Connective Tissue Formula: This dietary supplement combines collagen, with amino acids, such as glycine, lysine and proline to help maintain and support connective tissue and skin health. www.collagenmdprofessional.com



Collagen M.D.[®]

Frankie Boyer, Host
The Frankie Boyer Show
www.frankieboyer.com

Press Review

Updated July 2013-----I have been taking Advanced Connective Tissue Formula for about 11 months now and I just am so blown away by this amazing product. My skin is firmer all over my body including my breasts. The fine lines around my mouth, which a few months ago were deep lines, are so faint now you can hardly see them. The overall tone and texture of my skin has improved and my arms are not sagging as much and they seem to firm up faster when exercising. I have noticed my ugly cellulite is much better too. I just had a check-up and my HDL levels and bones have improved. An unexpected result was that I have less gray hair on my eyelashes, yes that is right – I was getting very gray and now just one stray. I went for a massage recently and was told I had amazing skin and tone of a woman my age. Overall there has been an improvement in my metabolism. I seem to be enjoying better overall health and during the past 6 months, I haven't had a cold or sore throat even though I'm frequently on airplanes and travel constantly – I'm even sleeping better now. A very grateful, Frankie

Updated December 19, 2012---I cannot believe the difference in my skin - I am now another 1 1/2 containers into the product and it just is getting better and better each day. I have also noticed that my cellulite looks so much better but the fine lines around my mouth, which were the first signs of noticing how much I missed the product, are now slowly getting less visible. I went to the local spa to have a few age spots removed and the woman commented on how much collagen I have in my skin. I am so grateful to you and this product - you really have discovered the fountain of over all healthy aging!!!!

October 2012--- I had been taking Advanced Connective Tissue Formula for 4 months and I thought –ok, this seems to be softening the lines around my mouth, and it seems to be making my skin look better. I ran out of the product and kept forgetting to order more. A month to 5 weeks later I looked in the mirror and began to notice how OLD I was looking and it was then that I realized what was I not doing - BINGO - I had stopped taking Collagen MD's Advanced Connective Tissue Formula. I could not believe the difference in the texture of my skin, the lines and wrinkles were no longer soft but more defined. I was shocked to see how quickly my face was changing and how old I looked, the glow was gone. I have now been taking my Advanced Connective Tissue Formula again for over 12 days and I noticed how quickly my skin responded. I am happy to report that the lines and texture have changed and my glow is back. I really can't believe how quickly my skin is responding, it is really like a before and after! I also would like to mention that I've noticed my overall energy has improved and my sleep patterns are once again, much better. I called Collagen MD up to share my personal experience and I said I can never be without this product. I never would have believed this if I didn't see it for myself but I am a believer!!! Collagen MD's Advanced Connective Tissue Formula works!!! Thank you Collagen MD!!!!

Collagen M.D.[®]

Frankie Boyer, Host
The Frankie Boyer Show
www.frankieboyer.com

Press Review

Updated July 2013-----*I have been taking Advanced Connective Tissue Formula for about 11 months now and I just am so blown away by this amazing product. My skin is firmer all over my body including my breasts. The fine lines around my mouth, which a few months ago were deep lines, are so faint now you can hardly see them. The overall tone and texture of my skin has improved and my arms are not sagging as much and they seem to firm up faster when exercising. I have noticed my ugly cellulite is much better too. I just had a check-up and my HDL levels and bones have improved. An unexpected result was that I have less gray hair on my eyelashes, yes that is right – I was getting very gray and now just one stray. I went for a massage recently and was told I had amazing skin and tone of a woman my age. Overall there has been an improvement in my metabolism. I seem to be enjoying better overall health and during the past 6 months, I haven't had a cold or sore throat even though I'm frequently on airplanes and travel constantly – I'm even sleeping better now. A very grateful, Frankie*

Updated December 19, 2012---*I cannot believe the difference in my skin - I am now another 1 1/2 containers into the product and it just is getting better and better each day. I have also noticed that my cellulite looks so much better but the fine lines around my mouth, which were the first signs of noticing how much I missed the product, are now slowly getting less visible. I went to the local spa to have a few age spots removed and the woman commented on how much collagen I have in my skin. I am so grateful to you and this product - you really have discovered the fountain of over all healthy aging!!!!*

October 2012--- *I had been taking Advanced Connective Tissue Formula for 4 months and I thought –ok, this seems to be softening the lines around my mouth, and it seems to be making my skin look better. I ran out of the product and kept forgetting to order more. A month to 5 weeks later I looked in the mirror and began to notice how OLD I was looking and it was then that I realized what was I not doing - BINGO - I had stopped taking Collagen MD's Advanced Connective Tissue Formula. I could not believe the difference in the texture of my skin, the lines and wrinkles were no longer soft but more defined. I was shocked to see how quickly my face was changing and how old I looked, the glow was gone. I have now been taking my Advanced Connective Tissue Formula again for over 12 days and I noticed how quickly my skin responded. I am happy to report that the lines and texture have changed and my glow is back. I really can't believe how quickly my skin is responding, it is really like a before and after! I also would like to mention that I've noticed my overall energy has improved and my sleep patterns are once again, much better. I called Collagen MD up to share my personal experience and I said I can never be without this product. I never would have believed this if I didn't see it for myself but I am a believer!!! Collagen MD's Advanced Connective Tissue Formula works!!! Thank you Collagen MD!!!!*



Collagen M.D.[®]

Health & Beauty Industry Professional Review

"I am a woman in the natural and mainstream health and beauty industry, so I have access to the newest and best products. I also use BOTOX. Collagen MD has changed my life. For one, I do not need to have BOTOX injections. I am regularly complimented ...and asked out...by 42 year old men even though I am 64. Since using CMD I look...and carry myself... as a much younger woman. In essence, I have added years to my life in so, so many ways. I also no longer have knee pain and my hands are no longer stiff! I am so happy with this product. It is one of the best anti-aging, age reversal products available today!"

SC, Colorado



Collagen M.D.[®]

Health & Beauty Industry Professional Review

"I am a woman in the natural and mainstream health and beauty industry, so I have access to the newest and best products. I also use BOTOX. Collagen MD has changed my life. For one, I do not need to have BOTOX injections. I am regularly complimented ...and asked out...by 42 year old men even though I am 64. Since using CMD I look...and carry myself... as a much younger woman. In essence, I have added years to my life in so, so many ways. I also no longer have knee pain and my hands are no longer stiff! I am so happy with this product. It is one of the best anti-aging, age reversal products available today!"

SC, Colorado



Collagen M.D.[®]

Go Dairy Free - Review By Alisa Fleming
Publication: www.godairyfree.org
Published Date: June, 2014

Press Review

**Alisa Fleming, Best Selling Author, Go Dairy Free - The Guide and Cookbook;
Founder, www.godairyfree.org; Senior Editor - Allergic Living Magazine**

Honestly, the concerns of aging hadn't really hit me, but when a friend in the natural food industry brought Collagen MD to my attention, I took it as a sign to start paying attention. I do exercise regularly to keep my muscles, bones, and tendons strong and my skin healthy, but a little insurance never hurts. Plus, I'm past 35, and know that my body is now breaking down more rapidly than in the younger years, and I don't want to go down without a fight!

Collagen MD gluten-free and dairy-free Advanced Connective Tissue Formula is a powder supplement that is formulated with an "anti-aging" blend of highly-bioavailable collagen type I & III peptides, hyaluronic acid, vitamin C, folic acid, biotin and vitamin B12. They recommend mixing it with juice or water (you aren't supposed to take it with any type of protein), but all-fruit smoothies or ones with coconut milk beverage or coconut milk yogurt are also delicious ways to enjoy it! I always use frozen fruit for a very creamy delight. See my Healthy Skin Smoothies post for some fun recipe blends.

Does it work? I've trialed this product for several months with great success! I've noticed strengthening in my nails and hair follicles (my hair falls out more easily with the hard water we have here, but it has slowed quite a bit), and a minor nagging tendon injury magically healed.



Collagen M.D. Advanced Connective Tissue Formula

We trial HUNDREDS of products every year. These are what we consider to be the Best of the Best for dairy-free living!and in a refreshing 'healthy skin' smoothie blend using the probiotic coconut water, frozen banana and Collagen MD (dairy-free / gluten-free)...

Press Review
Athena Markopulos, Publisher
SELECT Magazine: Health, Beauty & Wellbeing

At the age of 44, my skin has lost some of its collagen and elasticity. I've developed fine lines around my eyes and forehead and it just "hangs" differently than it used to. I was determined to find a natural solution and since I've always known that topical collagen products are ineffective, I didn't know where else to look. Luckily, a friend of mine introduced me to the idea of taking collagen internally—who knew? But with volition, she recommended that I use not just any collagen supplements, but that "I must use Collagen MD" because of the results she had personally experienced. She noticed her skin had less wrinkles overall and that she didn't need to get her Botox and other injections as often, which saved her a lot of money and hassle. It was because of her enthusiasm and story about this product that intrigued me enough to take Collagen MD myself to help restore the loss of collagen in my own face. When I first began taking Collagen MD for aesthetic reasons, I found it hard to remember to take it on a regular basis. It was not until I was told that it was also good for joint health that I began to take it on a regular basis because of excruciating knee joint pain caused by a new exercise regimen. I was extremely grateful that within only a few weeks of taking Collagen MD on a daily basis, the knee joint pain disappeared. This was the undeniable evidence I was looking for and was instantly convinced that I must continue to take it.

With passion, I recommend that anyone interested in increasing their collagen levels throughout their body, take Collagen MD. A Sincere Thank You Collagen MD! Athena Markopulo

Collagen M.D.[®]

Catherine Miller, Founder of Passionate Living
& Former Publisher of Holistic Health Journal

UPDATED SEPTEMBER 2013 - *I've been taking Collagen MD Advanced Connective Tissue Formula for a year now and I can hardly believe the results. As former publisher of Holistic Health Journal, I tried a plethora of skin care products to maintain the youthfulness of my skin and though some were good, none of them actually seemed to restore the vitality. Within a month of taking the Advanced Connective Tissue Formula in my morning smoothie, friends began commenting on how youthful my skin looked. I noticed that the elasticity that I had been losing was actually being restored. After about 4-5 months on Advanced Connective Tissue Formula, another amazing breakthrough occurred. Chronic pain that I had been feeling for years was being alleviated. I am now almost completely pain free and my skin looks better than ever! I have recommended this product to family and friends and they have had the same extraordinary results. Thank you Collagen MD for developing such a powerful, high quality product!*

2012 - *"Needless to say, through my decades of publishing cutting edge editorial in relation to holistic health and integrative medicine, a plethora of products have come my way. Each time I try something new, I am an open-minded skeptic about the potential outcome, as many therapies and supplements boast of their astounding results, but often come up short of their promises. Collagen MD is one of the most amazing products that I've ever experienced, hands down! A colleague of mine gave me a sample to try for 30 days, as he was so convinced that I would be impressed with the results. I have been taking the Collagen MD Advanced Connective Tissue Formula and the Collagen II Joint Formula. I was surprised that not only did my skin look more youthful, but my whole body felt better, with an increase in overall energy. As well, I've noticed that my memory and cognitive skills have improved a bit already. I'm now a total fan of Collagen MD and can't wait to see what happens over the next few months of continued use. It's so inspiring to come across a supplement that is so powerfully effective ... and in such a short period of time. I will recommend this product to EVERYONE!"*

Collagen M.D.[®]

Testimonial
Pat Whelan, Industry Consultant

In February 2012, I noticed that I was becoming, "Thin-skinned" despite doing exercise regularly. Fortunately, I was introduced to Collagen MD Advanced Connective Tissue Formula in March of that year. I was told not to expect any overnight miracles. After all, it took years and years to deplete my system of proper collagen levels. What I did notice in the first 30 days was much greater energy, better cognizant function, better eyesight, and an overall euphoric feeling. Little by little I noticed my skin getting thicker and more defined from my workouts. After 5 weeks, people began making comments about my skin. I didn't notice as I see myself every day, but others certainly did. I also began taking the Hyaluronic Acid in addition, and, had found that my chronic dry-eye condition completely disappeared! Even if I go a few days without taking it, the condition returns. It has also greatly moisturized my dry skin condition. It is now 19 months later, and I can say with complete confidence that my, "skin foundation" is solid and that of twenty years ago. I no longer have that euphoric feeling, but, I still have a ton of energy! Sometimes it is the things that you cannot see that are effected the most. And, my hair and nails grow faster than ever. My face no longer has that, "rugged-look." My skin is smooth and soft to the touch. I have also been taking the Type II Collagen Formula for my joints and ligaments, but a very pleasant unexpected effect has occurred: my blood pressure has returned to normal! In summary, I know for a fact that these products work for me, and I have made a lifestyle commitment to take them every day from now on. --Pat Whelan, Industry Consultant

Collagen M.D.[®]

Frankie Boyer, Host
The Frankie Boyer Show
www.frankieboyer.com

Press Review

Updated July 2013-----*I have been taking Advanced Connective Tissue Formula for about 11 months now and I just am so blown away by this amazing product. My skin is firmer all over my body including my breasts. The fine lines around my mouth, which a few months ago were deep lines, are so faint now you can hardly see them. The overall tone and texture of my skin has improved and my arms are not sagging as much and they seem to firm up faster when exercising. I have noticed my ugly cellulite is much better too. I just had a check-up and my HDL levels and bones have improved. An unexpected result was that I have less gray hair on my eyelashes, yes that is right – I was getting very gray and now just one stray. I went for a massage recently and was told I had amazing skin and tone of a woman my age. Overall there has been an improvement in my metabolism. I seem to be enjoying better overall health and during the past 6 months, I haven't had a cold or sore throat even though I'm frequently on airplanes and travel constantly – I'm even sleeping better now. A very grateful, Frankie*

Updated December 19, 2012---*I cannot believe the difference in my skin - I am now another 1 1/2 containers into the product and it just is getting better and better each day. I have also noticed that my cellulite looks so much better but the fine lines around my mouth, which were the first signs of noticing how much I missed the product, are now slowly getting less visible. I went to the local spa to have a few age spots removed and the woman commented on how much collagen I have in my skin. I am so grateful to you and this product - you really have discovered the fountain of over all healthy aging!!!!*

October 2012--- *I had been taking Advanced Connective Tissue Formula for 4 months and I thought –ok, this seems to be softening the lines around my mouth, and it seems to be making my skin look better. I ran out of the product and kept forgetting to order more. A month to 5 weeks later I looked in the mirror and began to notice how OLD I was looking and it was then that I realized what was I not doing - BINGO - I had stopped taking Collagen MD's Advanced Connective Tissue Formula. I could not believe the difference in the texture of my skin, the lines and wrinkles were no longer soft but more defined. I was shocked to see how quickly my face was changing and how old I looked, the glow was gone. I have now been taking my Advanced Connective Tissue Formula again for over 12 days and I noticed how quickly my skin responded. I am happy to report that the lines and texture have changed and my glow is back. I really can't believe how quickly my skin is responding, it is really like a before and after! I also would like to mention that I've noticed my overall energy has improved and my sleep patterns are once again, much better. I called Collagen MD up to share my personal experience and I said I can never be without this product. I never would have believed this if I didn't see it for myself but I am a believer!!! Collagen MD's Advanced Connective Tissue Formula works!!! Thank you Collagen MD!!!!*

Collagen M.D.[®]

Product Review

August 2015: Kathleen Bennett, Founder/Principal Resort Marketing

I was first introduced to Collagen MD by a friend who gave me a two week trial. It has now been 18 months since I have been using Advanced Connective Tissue Formula and Hyaluronic Acid dietary supplement, also known as "Nature's Moisturizer" and I am so happy I found these products.

My skin has definitely changed and it keeps getting better day by day. My face has a glow to it and I can see the changes that have happened over the last year.

I am blessed to have good genes and skin however adding Advanced Connective Tissue Formula has enhanced my skin tone, texture, fine lines, joints and my overall health. I receive compliments all the time about my skin and that I don't look my age!! I am very grateful to have discovered Collagen MD Formula and the fountain of healthy aging!

Now Available



CALIFORNIA
SKINCARE SUPPLY

800-500-1886