



▼ INGREDIENTS

Amount Per Serving	% Daily Value*
Total Calories 79.8	
Complex Carbohydrates 600 mg	<1%
Protein 16.8 g	34%
Fat (from MCT's) 1.4 g	2.2%
Muscle building complex	
Collagen Protein 16.8 g	†
Creatine 2 g	†
Medium Chain Triglycerides 1.4 g	†
Proprietary Blend 11 g	†
β-Alanine, HMB (β-Hydroxy β-Methylbutyrate), NMN (Nicotinamide Mononucleotide)	

* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.
† Daily Value not established.

Allergy Warning: Contains Coconut

▼ DOSAGE

- Mix 1 scoop in 6 - 12 oz. of your choice of liquid, once daily, or as directed.

▼ PACKAGING

- Canister: Net Wt.: 660 g.

▼ PERSPECTIVE

Numerous scientific studies attest to the value of supplementing collagen proteins to maintain body youthfulness and performance. The six most common types of collagen include:

Type I: Skin, tendons, vascular ligatures, bones and organs.

Type II: Cartilage.

Type III: Reticulate fibers (forms cross-links for connective tissue strength and durability).

Type IV: Basement membrane strength (the extracellular matrix and skin support).

Type V: Supports hair health, placenta integrity, and cell structure strength.

Type X: Supports articular cartilage.

▼ LIFESTYLE



#616 COLLAGEN MB (Collagen Muscle Builder)

Whereas most muscle supplementation provides protein (such as amino acids from soy, milk, and egg); we made a revolutionary decision to employ specific muscle and connective tissue collagen amino acids. Muscle collagen provides the branched-chain amino acids that are necessary to the normal, natural mTOR (mechanistic Target Of Rapamycin) muscle-building processes. Validated in several clinical trials, collagen promotes lean muscle mass, strength and flexibility. Collagen also provides substrates for muscle cell energy activities including mitochondrial biogenesis. This means more mitochondria to produce more chemical energy to vitalize all cellular health activities. Collagen supplementation supports the positive aspect of fat-synthesis where the body burns fat for energy; improves redox status (the balance of necessary oxidative (free radical) processes and the antioxidants that quench them); and promotes energy via the NRF-2 and PGC-1 alpha transcription factors governed by specific genes. This results in safe, balanced, sustained cellular energy.

▼ INDICATIONS

- Support lean muscle mass, strength and flexibility
- Joint/muscle support
- Muscle cell energy

▼ KEY COMPONENTS

• **Bioactive Collagen Peptides - Muscle & Endomysium Collagen** – Research suggests that collagen peptide supplementation, in combination with resistance training, improves body composition and increases muscle strength. This formula provides specific muscle cells and endomysium collagens to provide a powerhouse of nutrients to support muscle strength, flexibility, stamina and overall normal performance.

• **Creatine** – Is a natural nitrogenous organic acid. Its main role is to recycle adenosine triphosphate, the energy currency of the cell, primarily in muscle and brain tissue. This is achieved by recycling adenosine diphosphate to ATP via donation of phosphate groups. Creatine also acts as a pH buffer in tissues.

• **β-Alanine** - β-Alanine is a naturally occurring amino acid that supports the muscle re-building and strengthening processes.

• **HMB (β-Hydroxy β-Methylbutyric Acid)** – An active metabolite of the amino acid Leucine. In the body, Leucine, the branched chain amino acid most favored for protein synthesis and muscle growth is metabolized into HMB. It helps the body prevent muscle break down while gently supporting muscle building. A 2001 study published in the journal, "Nutrition," stated that HMB when combined with creatine, significantly increased both lean muscle mass and muscle strength. Multiple studies document that HMB has positive effects on strength, lean body composition and reduced soreness on both trained and untrained athletes. Supplementation and nutrition compendium lowering body fat and increasing lean

mass (based on an aggregate review of eight studies). An Iowa State University study published in the January 2003 issue of the "Journal of Applied Physiology" indicates that HMB resulted in a decrease in LDL, total cholesterol and systolic blood pressure. These positive effects on cholesterol and blood pressure imply that HMB could prove to be a useful tool in overall brain and cardiovascular health.

▼ CONTRAINDICATIONS

None. Use as directed.

▼ CLINICIAN CONSENSUS

- Support of Normal Muscle Building Processes:
#810 eNRG - Quantum Cellular ATP Energy
#133 JOT - Joint, Disc, Cartilage Support
#840 Eventa - Cellular Enzyme Corrector
#660 Mela - Optimal Terrain Enzymes
#184 ROX - Super Antioxidant w/ Resveratrol

▼ BACKGROUND

Dr. Shayne Morris created this unique, muscle-specific collagen formula based on extensive research. This is a state of the art, innovative formula to support your body's natural muscle health activities.

▼ SYNERGISTIC CONSIDERATIONS

- **#126** CTV - Vitamin C
- **#129/#199** DV3/VitD3 Lq - Vitamin D3 + K2 Support
- **#865** RPM Omega - Pro-Resolvin; Protectin; Maresin

▼ INFORMATION RESOURCES

- www.systemicformulas.com

Quality Control: All herbal ingredients are tested before use for: microbes, heavy metals/contaminants, and assurance of correct genus/species.

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