

## Colnatur COMPLEX Chocolate 420 g

EAN: 8426594127367    FABRICANTE: COLNATUR



*High assimilation collagen for the maintenance and care of joints, bones and muscle tissue.*

### DESCRIPTION

#### What is Colnatur Complex and what is it for?

This food supplement is used to care for the joints. Contains highly absorbed and pure hydrolyzed collagen protein, enhanced with magnesium, vitamin C and hyaluronic acid for comprehensive care.

**Collagen** represents the most prevalent protein in the human body and plays a fundamental role in the well-being of cartilage, tendons and bones. Additionally, proteins play a role in the preservation of bone and muscle mass.

**Hyaluronic Acid** is naturally present in joints, cartilage and skin, fulfilling the function of lubricating and moisturizing due to its ability to retain and maintain water.

**Vitamin C** stimulates the production of collagen in the body and provides defense to cells against oxidative stress, in addition to contributing to the optimal performance of cartilage.

**Magnesium** participates in the proper functioning of the muscles and collaborates in the reduction of fatigue and tiredness.

#### When is the Collagen Complex recommended?

For those who seek to take care of their well-being in a natural and effective way. Those who exercise moderately or perform weight lifting, or physical exercise, on a regular basis. For when there is exhaustion or fatigue.

#### How do you take Collagen Complex?

Take daily the entire content of the dispenser dissolved in a minimum of 150 ml of: water, milk (alone or with coffee, cocoa...), vegetable drinks and other liquids, or yogurt.

It is recommended to take it for a minimum of 3 months to appreciate results. It can be taken continuously.



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### What is the composition of the Collagen Complex?

- Hydrolyzed collagen protein
- Prepared with cocoa (defatted cocoa powder (42%))
- Maltodextrin
- **wheat** flour
- **fiber**
- Mineral salts (calcium, phosphorus)
- Emulsifier (sunflower lecithin)
- Anti-caking agent (tricalcium phosphate)
- Malt extract, **barley**
- aromas
- Sweeteners (acesulfame K, sucralose)
- Salt
- Magnesium,
- Maltodextrin
- Vitamin C
- Sodium hyaluronate (hyaluronic acid).
- **Contains gluten** .

### Does the Collagen Complex have any contraindications?

- Not suitable for phenylketonurics or magnesium intolerance
- Those who require a protein-restricted diet (very severe renal or hepatic insufficiency) should take the product under medical supervision.

