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# JOYÔME™ MULTI-ACTION COLLAGEN COMPLEX

Stay **YOUTHful**.

Aging happens, and that's a beautiful thing. Joyôme Multi-Action Collagen Complex works in three key ways to help you sip your way to a youthful glow and enjoy the confidence that comes from filter-free, flawless skin.



## Support your glow from the inside out.

Imagine a house without walls, or a bridge without beams. Like many things, your skin stays strong and smooth thanks to support from underneath – and that support comes from a complex protein called collagen. Early on, your body makes collagen naturally and abundantly. But did you know that after your 20s, collagen production slows by 68% over your lifetime?<sup>1</sup>

When collagen levels are high, your skin feels hydrated, smooth, and firm. When they're low, wrinkles, sagging, and other visible signs of aging set in. But what if you could help this process and support your skin's youthfulness with every sip? Joyôme Multi-Action Collagen Complex is here to help with a formula unlike anything else.

## Aging has never looked so good.

Life is fun and exciting. You need skincare that keeps up with the pace. Joyôme Multi-Action Collagen Complex helps nourish your skin with a unique, three-step approach – all with a convenient, neutrally-flavoured natural health product mix that lets you sip your way to a youthful glow. Simply add two scoops per day to your favourite beverage or shake to help improve skin elasticity, smoothness, and hydration.

## Here 's How It Works:

**1. Support:** Grab your 30-day supply and add Joyôme Multi-Action Collagen Complex to your monthly subscription order. Get the collagen you need right now to support healthy skin, hair, and nails with scientifically studied levels of biotin.

**2. Boost:** Build for the future by enhancing your body's natural ability to produce more collagen, which helps strengthen your skin structure.

**3. Maintain:** Keep more of what you've got by stimulating new collagen.

## What's inside?

This natural health product features scientifically studied ingredients and a unique beauty blend enriched with prebiotic fibre, ceramosides, biotin, vitamins C and E, and antioxidants for the maintenance of good health.

- 5 grams of easy absorbable Types I and III wild-caught marine and grass-fed bovine hydrolyzed collagen to help strengthen the dermal matrix and help in collagen formation
- Ceramosides to help improve skin elasticity, hydration, and smoothness in 15 days and with improved results after 2 months
- Biotin to support healthy skin, hair, and nails
- Vitamin C to support collagen formation to maintain bones, cartilage, and teeth
- Antioxidants derived from vitamins C and E to help defend the skin against damaging environmental factors

## What's not inside?

We also wanted to leave out the questionable “stuff” that are commonly found in collagen products. That's why Joyôme Multi-Action Collagen Complex is:

- Dairy free
- Gluten free
- Non-GMO
- No artificial colours, flavours, sweeteners, or preservatives

<sup>1</sup>Varani et al. 2006. Decreased collagen production in chronologically aged skin: Roles of age-dependent alteration in fibroblast function and defective mechanical stimulation. Am J Pathobiol. 168(6): 1861-1868.



## It's not just any collagen. It's the **RIGHT** collagen.

Collagen is a common protein, but it's not just any protein. It's unique. That's why increasing your protein intake, or taking the wrong type of collagen, still won't provide you with the beauty-benefitting collagen your body needs. Understanding the different types of collagen is key.

### Three Types to Know:

There are many types of collagen out there, but when it comes to collagen in natural health products, there are three dominant types you'll see: Type I, Type II, and Type III.

Type I collagen is a major structural component in skin, hair, and nails. It plays an important role in supporting skin elasticity and minimizing the appearance of fine lines and wrinkles.

Type II collagen supports healthy bones, joints, and cartilage, but is not a collagen type that has any beauty benefits.

Type III collagen is like Type I's sidekick. These two types of collagens are frequently found together inside the body, helping support healthy skin, hair, and nails.

Joyōme™ Multi-Action Collagen Complex features easily absorbable forms of hydrolyzed Types I and III collagen to provide targeted beauty benefits and head-turning results by working hand in hand with our other carefully selected ingredients.

### Less Weight = More Benefits

In the same way your body benefits from easily absorbable forms of vitamins and minerals, your skin benefits from a peptide's low molecular weight. Non-hydrolyzed collagen peptides are larger, making them more difficult for your body to utilize. Joyōme Multi-Action Collagen Complex features hydrolyzed collagen at a lower molecular weight so your body can easily absorb these peptides, and you'll receive maximum collagen benefits.

### Sip. Glow. Repeat.

Add Joyōme Multi-Action Collagen Complex to your favourite smoothie or drink.

Your beauty routine has never tasted so good! Joyōme Multi-Action Collagen Complex was created with a neutral flavour and quick-dissolving formula to make it easier than ever to mix up

your glow. Add it to Plexus Slim® or Slim Hunger Control, Lean, Active, or HydroPlex. Take your skincare and health to the next level.

### Primary Benefits:

- Helps support collagen in 3 key ways:
  - Provides 5 g of collagen protein per serving
  - Stimulates collagen synthesis
  - Helps replenish collagen in your skin
- Helps improve and support skin elasticity, hydration, and smoothness in 15 days
- Supports healthy skin, hair, and nails with scientifically studied levels of biotin
- Improves and reduces fine lines and wrinkles
- Helps improve skin appearance and minimize unwanted signs of aging
- Naturally derived ceramides help hydration and skin elasticity from the inside out
- Helps in the development and maintenance of bones, cartilage, teeth, and connective tissue formation
- Helps improve skin appearance for healthy-looking skin
- Antioxidants help the skin against damaging environmental factors

### Advantage:

- See results in 15 days, with improved results after 2 months
- Collagen Types I and III
- Easily absorbable low molecular weight of peptides
- Wild-caught marine and grass-fed bovine hydrolyzed collagen
- Contains prebiotic fibre
- Neutral flavour can be added to any beverage

### Who should use this product?

Joyōme Multi-Action Collagen Complex is a natural health product perfect for any adult seeking an effortless skincare routine. It works from the inside out to combat the signs of aging and perpetuate your natural glow. Whether you're in your 20s, taking the first steps toward a comprehensive skincare approach, or you're aging with confidence in your 30s, 40s, 50s, 60s, and beyond, this convenient natural health drink mix makes it easy to glow brighter at every stage.

Adults mix 2 scoops (7g) with your favourite beverage and drink once daily. Take with food. Consult with a health care practitioner for use beyond 3 months.

## Frequently Asked Questions

### **How do bovine and marine collagen differ and work together?**

Bovine and marine are both beneficial forms of collagen. Marine collagen is made from fish skin, while bovine collagen is made from cow skin or dermis. Both are beneficial in supporting beauty from within; both provide great health benefits. Bovine and marine collagen are both rich in the amino acid, hydroxyproline.

Bovine collagen is a rich source of amino acids and is a strong source of Types I and III collagen. It has high levels of collagen-specific peptides which are recognized by collagen-producing cells as a signal to stimulate the body's innate collagen production.

Marine collagen is easily absorbable and focuses on Type I collagen. It is a highly beneficial beauty collagen source. Collagen peptides have antioxidant properties, which are important for supporting skin health and repair.

### **How absorbable are the collagen peptides in the body?**

The collagen in Joyōme™ Multi-Action Collagen Complex is hydrolyzed, making it easily absorbable. Non-hydrolyzed collagen peptides are larger, making them more difficult for your body to utilize. Hydrolyzed collagen features a lower molecular weight so your body can absorb and utilize these peptides more easily.

### **How long after starting to take Joyōme Multi-Action Collagen Complex will I see results?**

In a recent study, subjects using a key ingredient in Multi-Action collagen Complex experienced improvements in skin hydration, skin elasticity, skin smoothness, and appearance in just 15 days, with improved results after 2 months. Individual results will vary.

### **How long will results of collagen last?**

Results will occur while supplementing with Joyōme Multi-Action Collagen Complex. Supplementing with collagen is part of an individual's dedication to better health. If you discontinue usage of Joyōme Multi-Action Collagen Complex, you will stop seeing results. We recommend using Joyōme Multi-Action Collagen Complex as a daily product routine to continue the support and benefits that it provides. Consult with a health care practitioner for use beyond 3 months.

### **How do collagen and gelatin differ?**

Collagen is a protein found in animals and humans. Gelatin is denatured collagen, generally extracted from the bones and skins of cows, pigs, or fish. It is a form of collagen that we use in food. The collagen in Joyōme Multi-Action Collagen Complex is a much higher quality collagen product. It is not the same kind of collagen you would get in a packet of gelatin. Both are proteins made of amino acids, but the amino chains of collagen peptides have been cut into smaller pieces through a specific hydrolysis process.

Collagen peptides do not have the gelling functionality of gelatin and are soluble in cold water. They are digestible and easily absorbable and used in natural health products and functional foods because of their proven health benefits.

### **Are there internal benefits in addition to external benefits?**

The external benefits in Joyōme Multi-Action Collagen Complex come from the internal benefits. By strengthening the skin internally with the increase in collagen under the skin in the dermis, you receive the support that gives the external benefits you see in your skin. Joyōme Multi-Action Collagen Complex provides antioxidants that help fight and protect cell damage caused by free radicals and is a source of good health.

### **What should I mix Joyōme Multi-Action Collagen Complex in?**

With its neutral flavour, Joyōme Multi-Action Collagen Complex can be mixed in a variety of drinks! It is a great mix-in for Lean, Slim or Slim Hunger Control, Active, HydroPlex, or your favourite hot or cold beverage, like coffee or smoothies.

### **How will Joyōme Multi-Action Collagen Complex benefit hair and nail growth?**

Joyōme Multi-Action Collagen Complex supports skin, hair, and nail health through the scientifically studied inclusion of biotin.

## Frequently Asked Questions

### What is the difference between the types of collagen?

Type I collagen is the most prevalent type of collagen in the body and is touted as a beauty collagen. It is highly recommended for hair, skin, and nail benefits. Type I collagen is a major structural component of the skin.

Type II is a more specialized collagen, as it is the main component of cartilage health.

Type III collagen is another beauty collagen. It is the second most abundant type in your skin. It is often used with Type I collagen to support skin elasticity and hydration.

Joyōme™ Multi-Action Collagen Complex features easy absorbable forms of Hydrolyzed Types I and III collagen to provide targeted beauty benefits and head-turning results by working hand in hand with our other carefully selected, age-defying skincare ingredients. These collagen types are also rich in the unique amino acid, hydroxyproline, which contains peptides that help naturally activate the body's collagen synthesis pathways.

### If i am taking a natural health biotin product, can i replace that with the Joyōme Multi-Action Collagen Complex?

Yes! Joyōme Multi-Action Collagen Complex contains a scientifically studied amount of biotin in each serving, so this product can replace a natural health biotin product for individuals already purchasing or using a natural health biotin product.

### Who should take Joyōme Multi-Action Collagen Complex?

Joyōme Multi-Action Collagen Complex is for adults who want to love the skin they are in and help support healthy skin, hair, and nails. In addition, Joyōme Multi-Action Collagen Complex helps curb the natural loss of collagen over time, improving skin elasticity, hydration, and smoothness.

### Can i take Joyōme Multi-Action Collagen Complex with other products?

Yes, definitely! We recommend pairing Joyōme Multi-Action Collagen Complex with Plexus XFactor Plus™ to help maintain healthy collagen levels through vitamin C and help defend against free radical damage caused by environmental factors.

### When should i take Joyōme Multi-Action Collagen Complex?

Anytime! Joyōme Multi-Action Collagen Complex is an easy way to sip your way to a youthful glow and enjoy the confidence that comes from filter-free, flawless skin.

### How many servings of Joyōme Multi-Action Collagen Complex can i take per day?

We recommend adults mix 2 scoops (7 g) of Joyōme Multi-Action Collagen Complex with your favourite beverage or shake and drink once daily. Take with food. Consult with a health care practitioner for use beyond 3 months.

### Is it safe to use Joyōme Multi-Action Collagen Complex while pregnant or breastfeeding?

If you are pregnant or nursing, you should consult with your physician prior to beginning any new natural health product.

### Can Joyōme Multi-Action Collagen Complex be used by children under the age of 18?

It is not recommended for use by children under 18 because the product was formulated to meet the nutritional needs of adults.

### Is Joyōme Multi-Action Collagen Complex gluten free?

Yes. Joyōme Multi-Action Collagen Complex is gluten free. While the Ceramosides do originate from wheat weed extract, they have been processed to allow this natural health product to meet the Health Canada requirements for gluten free.

### Does Joyōme Multi-Action Collagen Complex contain any common food allergens?

Yes. Joyōme Multi-Action Collagen Complex does contain fish (salmon) and wheat seed extract in the form of ceramosides. The wheat seed extract has been processed to allow this natural health product to meet the Health Canada requirements for gluten free.



## Ingredient Glossary

**Vitamin C (as ascorbic acid):** Vitamin C is an essential water-soluble vitamin that supports a wide range of functions in the human body, including energy metabolism, antioxidant activity, and defence against the oxidative effects of free radicals, and can replenish other antioxidants. Vitamin C is an essential co-factor for the enzymes involved in cross-linking collagen, which gives collagen its strength and elasticity.

**Vitamin E (as d-alpha tocopheryl acetate):** Vitamin E in the skin is a photo-protective antioxidant to help defend the skin against damage caused by environmental aggressors.

**Biotin:** Also called vitamin H, biotin is a water-soluble B vitamin that is an essential co-factor for various enzymes that are important for intermediary metabolite transformation in critical metabolic pathways that control gluconeogenesis (the metabolic pathway that results in the generation of glucose from certain non-carbohydrate substrates), fatty acid synthesis, and amino acid catabolism. Humans and other mammals cannot synthesize biotin and must get it from dietary sources or via synthesis from gut bacteria.

Joyōme™ Multi-Action Collagen Complex is a hydrolyzed collagen from bovine and salmon skin; hydrolyzing provides increased absorption and makes it easily digestible. Collagen is rich in the unique amino acid hydroxyproline and it is these hydroxyproline-containing peptides that help naturally activate the body's collagen synthesis pathways.

**Fructo-oligosaccharides:** Fructo-oligosaccharides is a prebiotic that occurs naturally in several plants such as asparagus, wheat, Jerusalem artichokes, and rye. It is composed of a mixture of oligosaccharides, consisting of glucose linked to fructose, that are indigestible by human digestive enzymes.

**Wheat\*\* (*Triticum aestivum*) seed extract:** A lipid extract from wheat seed that is rich in plant ceramides. Ceramides are a special class of waxy membrane lipids and are the most abundant lipid in the outer layers of the skin. They are integral to the barrier integrity of the skin and its moisture-retaining capabilities. Aging is associated with skin drying and a corresponding depletion of ceramide content in the skin. Oral ceramide ingestion can help increase skin ceramide content.

\*\*The wheat in this product has been processed to contain less than 20 parts per million (ppm) of gluten per 2 scoops.

**Lucuma (*Pouteria lucuma*) Fruit Powder:** Known as the “Gold of the Incas,” or more commonly just as lucuma, it is a subtropical fruit native to the Andean mountain region of South America and is a common dietary staple in its native region. Lucuma possesses high antioxidant capacity due to its high concentration of triterpenes, flavonoids, and carotenes.

**Pomegranate (*Punica granatum*) Fruit Extract:** Pomegranate is a fruit-bearing shrub native to the Middle East and cultivated widely throughout the Mediterranean. The fruit is nutrient-dense and rich in antioxidant phytonutrients, particularly anthocyanins.

**Asparagus (*Asparagus officinales*) shoot:** A small shrub plant with one main stalk and numerous feathery leaves. Asparagus is most commonly harvested while the stalks are still small and tender. It is a rich source of antioxidant flavonoids and saponins that are responsible for its health benefits.

**Okra (*Abelmoschus esculentus*) seed pod:** A nutrient-rich vegetable that grows widely across tropical and subtropical regions. The seed pods are consumed and known for their viscous fibre content that gives it a slimy texture. It is naturally rich in various phytonutrients, including flavonoids, isoquercitrin, and quercetin.

**Arabica coffee (*Coffea arabica*) fruit extract:** Derived from the fruit portion of the *Coffea arabica* plant, this ingredient is an antioxidant and is a rich source of ferulic acid.

**Quercetin (*Styphnolobium japonicum*) flower:** An antioxidant flavonol from Japanese sophora flower.

**Acerola (*Malpighi glabra*) fruit:** A tropical shrub with bright red cherry-like fruits. Its fruit is abundant in antioxidants like vitamin C, anthocyanins, flavonoids, and phenols.

**Camu-Camu (*Myrciaria dubia*) fruit:** A tropical fruit native to the Amazon, rich in antioxidants due to its high content of vitamin C and polyphenols.

**Acai (*Euterpe oleracea*) fruit:** A fruit native to the Amazon that bears large drooping clusters of its dark blue fruits that are rich in anthocyanins and polyphenol antioxidants.

## Ingredient Glossary

**Mangosteen fruit** (*Garcinia mangostana*): A tropical fruit native to Southeast Asia with a deep purple skin, white flesh, and unique flavour. It is a rich source of uncommon phytonutrients known as xanthonoids.

**Silicon Dioxide:** Moisture-controlling agent that improves the flow of ingredients during packaging.

**Maltodextrin:** Maltodextrin is used as a carrier or processing aid in specific ingredients.

**Natural Flavours:** Natural flavours are naturally occurring compounds that contribute to the unique flavour profiles found in foods. These various flavours are taken from essential oils, resins, essences, or extracts.

<b>MEDICINAL INGREDIENTS</b>	
<b>Each Scoop Contains:</b>	
Hydrolyzed collagen (Bovine) skin/hide split	2.5 g
Fructooligosaccharides	100 mg
Hydrolyzed collagen (Fish) skin	98.81 mg
Vitamin C (ascorbic acid)	45 mg
Vitamin E (d-alpha tocopheryl acetate)	30 mg
Wheat** ( <i>Triticum aestivum</i> ) seed 666,667:1 extract (50% Ceramides, 40% Digalactosyldiglyceride; QCE: 20 g)	15 mg
Pomegranate ( <i>Punica granatum</i> ) fruit 20:1 extract (QCE: 25 mg)	1.25 mg
Biotin	1250 mcg
Asparagus ( <i>Asparagus officinalis</i> ) shoot	500 mcg
Okra ( <i>Abelmoschus esculentus</i> ) seed pod	500 mcg
Arabica coffee ( <i>Coffea arabica</i> ) fruit 20:1 extract (40% Chlorogenic acids; QCE: 2.25 mg)	112.5 mcg
Quercetin ( <i>Styphnolobium japonicum</i> ) flower	37.5 mcg
Acerola ( <i>Malpighia glabra</i> ) fruit	36 mcg
Camu-camu ( <i>Myrciaria dubia</i> ) fruit	28 mcg
Acai ( <i>Euterpe oleracea</i> ) fruit	10 mcg
Mangosteen ( <i>Garcinia mangostana</i> ) fruit	10 mcg

**Non-Medicinal Ingredients:** Silicon dioxide, natural flavour, lucuma (*Pouteria lucuma*) fruit powder, maltodextrin.

