

# joyōme™ MULTI-ACTION COLLAGEN COMPLEX

## Stay YOUTHful.

Aging happens, and that's a beautiful thing. Joyōme 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 reduce this process and support your skin's youthfulness with every sip? Joyōme Multi-Action Collagen Complex is here to help with an advanced formula unlike anything else.

## Adding Years Has Never Looked So Good

Life is fun and exciting. You need skincare that keeps up with the pace. Joyōme Multi-Action Collagen Complex supports your skin with a unique three-step approach – all with a convenient, neutrally-flavoured mix that lets you sip your way to a youthful glow. Simply add two scoops per day to your favourite beverage for support with skin integrity, elasticity, firmness, and hydration.

## Here's How It Works:

- Support:** Get the collagen you need right now with highly-bioavailable forms of Type I and Type III Wild-Caught Marine and Grass-Fed Bovine Collagen, which supports healthy skin, hair, and nails.
- Boost:** Build for the future by helping to enhance your body's natural collagen formation, supporting skin structure.
- Maintain:** Keep more of what you've got by maintaining collagen formation, skin firmness and health.

## What's inside?

This clean and safe multi-action formula features clinically-studied ingredients and a powerful beauty blend, enriched with FOS prebiotic, Ceramides, Biotin, Vitamins C and E, and antioxidant-rich superfoods.

- 5 grams of highly-bioavailable Types I and III Wild-Caught Marine and Grass-Fed Bovine Hydrolysed Collagen to help maintain collagen formation and skin health.
- Includes FOS prebiotic
- Ceramides and Biotin support skin hydration and elasticity.
- Vitamins C and E to support skin health
- Antioxidants from an unparalleled superfood blend to reduce free radicals formed in the body

## What's not inside?

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

- Dairy Free
- Non-GMO
- No artificial colours, flavours, sweeteners, and preservatives

## 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 dietary 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 supplement 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 a major role in supporting skin elasticity, and skin health

**Type II Collagen** supports healthy bones, joints, and cartilage, but is not a collagen type that targets beauty benefits.

**Type III Collagen** is like Type I's sidekick. These two types of collagen are frequently found together inside the body, helping to support skin, hair, and nail health.

Joyōme™ Multi-Action Collagen Complex features highly-bioavailable forms of Hydrolysed 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.

### Less Weight = More Benefits

In the same way your body benefits from bioavailable forms of vitamins and minerals, your skin benefits from a peptide's low molecular weight. Non-Hydrolysed Collagen Peptides are larger, making them more difficult for your body to utilise. Joyōme Multi-Action Collagen Complex features Hydrolysed 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. Sprinkle it in with Plexus Slim®. Or, get Lean while taking your skincare to the next level.

### Primary Benefits:

- Supports skin integrity and structure
- Helps promote collagen formation
- Helps enhance skin elasticity
- Supports skin firmness and skin hydration
- Promotes nail health, strength and thickness
- Antioxidants reduce free radicals formed in the body
- Maintains overall skin and hair health

### The Joyōme Multi-Action Collagen Complex Advantage:

- Results in as soon as 15 days\*
- Collagen Types I and III
- Highly-bioavailable, low molecular weight of peptides
- Wild-Caught Marine and Grass-Fed Bovine Hydrolysed Collagen
- Contains superfoods and superfruits
- Provides potent antioxidants
- Contains FOS
- Neutral flavour can be added to any beverage

### Who should use this product?

Joyōme Multi-Action Collagen Complex is perfect for adults seeking an effortless skincare solution that works from the inside out to support collagen and skin health and perpetuate a natural glow. Whether you're in your 20s, taking the first steps toward a holistic skincare approach, or you're aging with confidence in your 30s, 40s, 50s, 60s and beyond, this convenient mix makes it easy to glow brighter at every stage. Joyōme Multi-Action Collagen Complex is not recommended for use by children under 18 because the product was formulated to meet the needs of adults.

\*Study participants using a key ingredient in Joyōme Multi-Action Collagen Complex saw improvements in skin hydration and elasticity in just 15 days. Individual results will vary.

## 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 recognised by Collagen producing cells as a signal to stimulate the body's innate Collagen production.

Marine Collagen is very bioavailable and focuses on Type I Collagen. It is a highly beneficial beauty Collagen source. The Collagen Peptides have antioxidant properties.

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

The Collagen in Joyōme™ Multi-Action Collagen Complex is hydrolysed making it even more absorbable. Non-Hydrolysed Collagen Peptides are larger, making them more difficult for your body to utilize. Hydrolysed 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 you see results?

Study participants using a key ingredient in Joyōme Multi-Action Collagen Complex saw improvements in skin hydration and elasticity in just 15 days.\* Individual results will vary.

### How long will results of collagen last?

Results will occur while using Joyōme Multi-Action Collagen Complex. Using Collagen is part of an individual's lifelong dedication to better health. If you discontinue usage of the Collagen complementary medicine, you will stop seeing results.

We recommend using Joyōme Multi-Action Collagen Complex as a daily product to continue the support and benefits that it provides.

### 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 highly digestible and bioavailable and used in complementary medicines 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 supporting skin and collagen health under the skin in the dermis, you receive the support that gives the external benefits you see in your skin.

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

With its neutral flavour, Joyōme Multi-Action Collagen Complex can mix in a variety of drinks! It is a great mix-in for Lean, Slim, 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 helps with hair and nail health through the inclusion of Biotin. Specifically with nail health, Joyōme Multi-Action Collagen Complex supports nail strength and thickness.

### 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 nails benefits. Type I Collagen is a major structural component of the skin.

Type II is a more specialised 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 highly-bioavailable forms of Hydrolysed 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 Biotin supplement, can I replace that with the Joyōme Multi-Action Collagen Complex?

Yes! Joyōme Multi-Action Collagen Complex contains a full clinically-studied amount of Biotin in each serving, so this product can replace a Biotin supplement for individuals already purchasing or using a Biotin supplement.

\*Study participants using a key ingredient in Joyōme Multi-Action Collagen Complex saw improvements in skin hydration and elasticity in just 15 days. Individual results will vary.

## Frequently Asked Questions

### 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 supports nail strength and thickness.

### Can you 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 collagen health through Vitamin C, and reduce free radicals formed in the body.

### When should you 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 Collagen Complex can you take per day?

We recommend one serving of 2 level scoops daily mixed into your favourite beverage and drink once daily.

### Is it safe to use Collagen Complex while pregnant or breast feeding?

If you are pregnant or nursing, you should consult your physician prior to beginning any new complementary medicines.

### Can Collagen Complex be used by children under the age of 18?

Joyōme Multi-Action Collagen Complex is not recommended for use by children under 18 because the product was formulated to meet the nutritional needs of adults.

### Is Collagen Complex gluten free?

This product contains less than 20 parts per million (ppm) of gluten per serving.

### Does Collagen Complex contain any common food allergens?

Yes. Joyōme Multi-Action Collagen Complex does contain fish (salmon).

## Ingredient Glossary

**Ascorbic acid (Vitamin C):** Vitamin C is an essential water-soluble Vitamin that supports a wide range of functions in the human body including antioxidant activity, reducing free radicals formed in the body, 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.

**D-Alpha-Tocopheryl Acetate (Vitamin E):** Vitamin E is the collective name for a group of lipid-based compounds that include alpha, beta, gamma, and delta tocotrienols and tocopherols. It is an essential nutrient and is the most abundant antioxidant in the lipid fraction of the skin. Additionally, Vitamin E in the skin is a photo-protective antioxidant to reduce free radicals formed in the body.

**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.

**Hydrolysed collagen (bovine & marine origin):** Collagen is the most abundant protein in animals. There are 28 different types of collagen in humans and it constitutes nearly 30% of total protein in the body. Collagen makes up 75% of the dry weight of skin, with Collagen Types I and III making up the overwhelming majority. Joyōme Collagen Complex is a Hydrolysed Collagen from Bovine and Salmon Skin; hydrolysing provides increased absorption and bioavailability. 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.

**Fructooligosaccharides (FOS):** Fructooligosaccharides 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 is indigestible by human digestive enzymes.

## Ingredient Glossary

### ***Triticum aestivum* (common wheat) dry seed extract:**

A lipid extract from the 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.

### ***Punica granatum* (pomegranate) dry fruit peel**

**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.

***Coffea arabica* (Arabian coffee) dry fruit extract:** The fruit, called the Coffee Cherry, is often discarded as a byproduct of coffee production, but is a rich source of antioxidant phytonutrients like chlorogenic, protocatechuic, and gallic acids.

**Quercetin dihydrate:** An antioxidant flavonol from Japanese sophora flower.

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

**Directions:** Adults mix 2 level scoops with your favourite beverage and drink once daily.

#### **Each 2 scoops contains active ingredients:**

Ascorbic acid (Vitamin C)	90 mg
D-Alpha-Tocopheryl Acetate (Vitamin E)	60 mg
Biotin	2.5 mg
Hydrolysed collagen (bovine & marine origin)	5.2 g
Fructooligosaccharides	200 mg
<i>Triticum aestivum</i> (common wheat) dry seed extract	30 mg
Derived from dry seed	20 g
Equiv. Gluten	< 20 ppm
<i>Punica granatum</i> (pomegranate) dry fruit peel extract	5 mg
Derived from dry fruit peel	65 mg
<i>Coffea arabica</i> (Arabian coffee) dry fruit extract	5 mg
Derived from dry fruit	500 mg
Equiv. Caffeine	55 micrograms
<i>Euterpe oleracea</i> Mart. (acai) fruit powder	5 mg
Quercetin dihydrate	4.75 mg

#### **Contains: Fish (salmon)**

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