

Multi-Action Collagen Complex

SKIN HEALTH FROM THE INSIDE OUT.

Strengthen skin from the inside out with this all-in-one solution, stimulating collagen production and defending against breakdown to reduce wrinkles and improve elasticity alongside a powerful suite of beauty boosting ingredients working synergistically to deliver radiant, youthful skin with visible results in just 15 days.*^



The Missing Link in Your Beauty Routine

Imagine a house without walls or a bridge without beams. Your skin stays smooth and firm thanks to support from within, and that support comes from collagen. In your early years, collagen is produced naturally and abundantly. But after your 20s, production slows dramatically — up to 68% over your lifetime — leading to fine lines, reduced elasticity, and diminished radiance.

That's where supplementation comes in, but most collagen products fall short. Many rely on peptides too large to be absorbed, offer minimal support beyond basic replacement, or come packed with artificial flavors, sweeteners, and other unnecessary additives. Worse, they only address a single aspect of skin health, leaving you chasing additional supplements to round out your routine.

To see real results and achieve true skin health, you need research-backed ingredients properly formulated for maximum bioavailability and a more complete approach.

Targeted, Total, Multi-Action Support

Plexus® Multi-Action Collagen Complex stands at the intersection of science and simplicity. Powered by Types I and III collagen from wild-caught marine and grass-fed bovine sources, this formula is hydrolyzed into highly bioavailable peptides your body can readily absorb — strengthening skin from within and helping replenish what time depletes. This multi-action blend goes beyond basic supplementation, supporting your body's collagen production, protecting against collagen breakdown, and reinforcing skin's natural structure for lasting resilience.*

By fortifying this foundation with skin-nourishing biotin, antioxidant vitamins C and E, moisture-replenishing ceramides, and a curated mix of prebiotic-rich superfoods like dragon fruit, hibiscus, açai,

and quercetin, it delivers comprehensive beauty benefits without the need for multiple supplements. And with zero artificial flavors, colors, sweeteners, or preservatives, you're only getting well-sourced ingredients chosen for impact.*

Designed to complement your topical routine, this essential inside-out solution for youthful longevity brings smoother, more hydrated and elastic skin with a reduction in micro-wrinkles in just 15 days — and increased benefits after two months.*^

Primary Benefits

- Replaces multiple beauty supplements with one comprehensive formula supporting skin, hair, and nails.*
- Strengthens skin's structural foundation by boosting natural collagen production while protecting against collagen breakdown, helping to maintain — and increase — firmness and elasticity.*
- Visibly reduces crow's feet, fine lines, and wrinkles for a more youthful look.*
- See improvements in skin appearance in as little as 15 days, with increased benefits after two months.*
- Smooths skin texture by reducing roughness and micro-wrinkles.*
- Improves the appearance of cellulite with continued, long-term use.*
- Maintains moisture with improved barrier function for hydrated, plumper-looking skin from within.*
- Helps defend against environmental stressors with powerful antioxidants.*

^Individual results may vary.

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Primary Features

- Includes highly bioavailable collagen that has been hydrolyzed into small, easily absorbable peptides for maximum effectiveness.
- Dual-source collagen blend combines wild-caught marine and grass-fed bovine Types I and III — also known as the 'beauty types' — to provide a wider spectrum of amino acids than single-source collagens.
- Formulated with vitamins C and E, essential cofactors needed to produce new collagen and protect existing collagen from breakdown.*
- An efficacious amount of biotin (2,500mcg), the beauty vitamin essential for healthy hair, skin and nails.*
- Powered by naturally derived ceramides to strengthen the skin's moisture barrier, enhance collagen support, reduce fine lines and micro-wrinkles, and improve smoothness, hydration, and elasticity.*
- Proprietary superfood blend with prebiotic properties helps fortify the skin's antioxidant defenses and guard against damaging environmental aggressors.*
- Crafted with dragon fruit and hibiscus flower — antioxidant-rich ingredients also featured in the Plexus® Skin Health System — to help nourish and balance skin from within.*
- Neutral flavor profile designed for versatility and daily enjoyment.
- Clean label commitment: Non-GMO and free from dairy, gluten, and artificial flavors, sweeteners, colors, and preservatives.
- Laboratory tested for quality assurance, meeting specifications for potency and purity.



DID YOU KNOW?

Of the 28 known types of collagens in the body, Types I, II, and III make up 80–90% of the total. Types I and III are most closely tied to visible beauty benefits like smooth, firm skin, strong nails, and healthy hair.¹

UV exposure accelerates collagen breakdown by triggering enzymes that degrade connective tissue. That's why daily SPF is essential to protect your skin and the results you're working for.²

Vitamin C is essential for collagen synthesis — your body can't make collagen without it.³

Collagen can't be sourced from plants. Only animals produce the specific amino acid structure required.⁴

Sources:

1. Wu M, Cronin K, Crane JS. Biochemistry, Collagen Synthesis. [Updated 2023 Sep 4]. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2025 Jan-. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK507709/>
2. Jariashvili K, Madhan B, Brodsky B, Kuchava A, Namicheishvili L, Metreveli N. [UV damage of collagen: insights from model collagen peptides](#). Biopolymers. 2012 Mar;97(3):189–98. doi: 10.1002/bip.21725. Epub 2011 Oct 15. PMID: 22002434; PMCID: PMC3299808.
3. [Oregon State University](#). Published 2011.
4. [Harvard School of Public Health](#). Published 2021.

Frequently Asked Questions

How should I take this supplement?

Collagen Complex has a neutral taste and is crafted to mix seamlessly into hot or cold liquids. Adults mix two level scoops with your favorite beverage and drink daily.

What does it mean that this supplement is 'clean'?

We go above and beyond to ensure you're only putting the best into your body. That's why Collagen Complex uses grass-fed and wild-caught animal sources and includes zero artificial flavors, colors, sweeteners, or preservatives.

Can this replace other beauty-related vitamins and supplements?

That's the idea! This formula was intentionally designed to streamline your routine. It combines highly bioavailable collagen peptides with essential cofactors like vitamins C and E to support collagen production and protect what you have. You'll also get 2,500 mcg of biotin for hair, skin, and nails, skin-smoothing ceramides, and antioxidant-rich superfoods to defend against environmental stressors.*

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Frequently Asked Questions

What are the different types of collagens?

There are many types of collagens in the body, but Types I and III are most closely tied to skin, hair, and nail health. Type I provides structure to skin, bones, and tendons, while Type III supports skin elasticity and firmness. Our formula includes both, sourced from wild-caught marine and grass-fed bovine collagen, to deliver a broader spectrum of amino acids and more complete beauty benefits.*

Why does this use bovine and marine collagen sources?

We combine both to get the best of each. Marine and bovine collagen are rich in Types I and III — those most closely linked to skin, hair, and nail health. Marine collagen is known for its smaller peptide size, supporting absorption, while bovine collagen offers a neutral taste. By blending both and hydrolyzing them for optimal bioavailability, we deliver a highly effective, easy-to-enjoy formula.

Can I use Multi-Action Collagen Complex with my other Plexus® products?

Yes! Our Collagen Complex is designed to work seamlessly with and enhance the results of the rest of the Plexus Skin Health System products, as well as our Skin Health Line add-ons, and is compatible with all Plexus products.

Can I use Multi-Action Collagen Complex with my medication?

This supplement is formulated with clean, nourishing ingredients — but it's always a good idea to speak with your healthcare provider or pharmacist before introducing new dietary supplements. They can help ensure the products are a fit for your unique needs and any treatments you're using.

Does this contain common food allergens?

The Multi-Action Collagen Complex contains fish (bream) and wheat. However, the wheat has been processed to allow this dietary supplement to meet the Food and Drug Administration (FDA) requirements for gluten free.

Is this gluten and dairy-free?

Yes, this formula is free from both gluten and dairy.

Is Multi-Action Collagen Complex safe for pregnant or nursing women?

As with any new vitamin or supplement, we recommend consulting with your healthcare provider before starting use during pregnancy or while nursing. They can provide personalized advice to ensure the products are safe for you and your baby.

How should I store Multi-Action Collagen Complex?

Keep in a cool, dry place away from direct sunlight to maintain potency and texture.

INGREDIENT GLOSSARY

Multi-Action Collagen Complex

Acai Palm (Euterpe Oleracea) Fruit Powder: Native to the Amazon, this dark purple superfruit is rich in anthocyanins and polyphenol antioxidants, which help protect against oxidative stress and support healthy-looking skin from the inside out.*

Ascorbic Acid (Vitamin C): A vital, water-soluble vitamin that supports energy production, antioxidant defense, and protection against free radical damage. It also plays a critical role in collagen production by helping enzymes cross-link collagen fibers — a process that gives collagen its strength and structure, helping skin stay firm, smooth, and resilient.*

Biotin: Also known as vitamin H, biotin is a water-soluble B vitamin that plays a key role in how your body processes fats, amino acids, and carbohydrates — all essential for maintaining healthy skin, hair, and nails. Because the body can't produce biotin on its own, it must be obtained through diet or gut bacteria, making consistent intake especially important for beauty and overall wellness.*

Coffee Fruit Extract: Sourced from the fruit of the *Coffea arabica* plant, this ingredient is rich in antioxidants — including ferulic acid — which help protect skin from oxidative stress and support overall skin health.*

Collagen complex (hydrolyzed bovine and fish oligopeptides): This advanced collagen complex combines hydrolyzed bovine and Japanese bream oligopeptides to support skin elasticity, hydration, and overall radiance from within. Rich in bioavailable Types I and III collagen, it helps strengthen hair, nails, and joints while promoting a youthful appearance.* The bream fish — a delicate Japanese white fish prized as a symbol of good luck — offers a high-protein profile that's gentle on the gut. Compared to salmon, bream is leaner and less oily, making it an ideal, clean-tasting source for this daily beauty essential.

D-Alpha Tocopheryl Acetate (Vitamin E): A powerful photo-protective antioxidant that helps shield skin from environmental stressors like UV exposure and pollution. It works to neutralize free radicals and support skin's natural defense system, helping maintain a smoother, healthier-looking complexion.

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INGREDIENT GLOSSARY

Multi-Action Collagen Complex

Dragon (Selenicereus Undatus) Fruit Extract: This vibrant fruit from the cactus family is rich in antioxidants, vitamin C, and natural prebiotics. It helps support a balanced skin microbiome, defend against environmental stressors, and promote healthy, resilient-looking skin.*

Hibiscus Sabdariffa Flower Powder: Commonly named “red sorrel” or “roselle” is a traditional herbal plant distributed in tropical and subtropical regions around the world. It is well known for its nutritional and health promoting properties, many of which are directly linked to its various antioxidant compounds, including as flavonoids, anthocyanidins, and triterpenoids.*

Natural Flavors: Flavor compounds naturally derived from sources like essential oils, resins, and botanical extracts — used to enhance taste without artificial additives.

Pomegranate Rind Extract: Sourced from the nutrient-dense rind of the pomegranate, this extract is packed with antioxidant phytonutrients, especially anthocyanins, that help protect skin from oxidative stress and support its overall health and vitality.*

Quercetin (Saphora Japonica) Flower Extract: A potent antioxidant flavonol derived from the Japanese sophora flower, quercetin helps protect skin from free radical damage and supports the body’s natural defense against environmental stressors.*

Silicon Dioxide: A naturally occurring compound used to control moisture and improve ingredient flow during manufacturing, ensuring consistency and stability.

Wheat Seed Extract: A concentrated lipid extract rich in plant-derived ceramides — essential lipids that make up the skin’s outermost layer and help maintain its moisture barrier. As we age, natural ceramide levels decline, leading to dryness and a weakened barrier. Supplementing with oral ceramides can help restore this loss, improving hydration and supporting smoother, healthier-looking skin. This ingredient is carefully processed to meet FDA gluten-free standards, making it safe for individuals with gluten sensitivities.*

Directions: Adults mix 2 level scoops with your favorite beverage and drink daily.

Supplement Facts		
Serving Size 2 Scoops (about 7 g*)		
Servings Per Container 30		
	Amount Per Serving	% DV
Calories	25	
Protein	5 g	
Vitamin C (ascorbic acid)	90 mg	100%
Vitamin E (as d-alpha-tocopheryl acetate)	60 mg	400%
Biotin	2,500 mcg	8,333%
Sodium	30 mg	1%
Beauty Blend 5,257 mg †		
Collagen complex (hydrolyzed bovine and fish oligopeptides), wheat** seed extract (source of ceramides), dragon fruit (<i>Selenicereus undatus</i>) fruit extract, pomegranate rind extract, coffee fruit extract, hibiscus flower powder, açai palm (<i>Euterpe oleracea</i>) fruit powder, quercetin (from <i>Saphora japonica</i> flower extract)		
†Daily Value (DV) not established.		

Other Ingredients: Silicon dioxide and natural flavor.
Contains: Fish (Bream), and Wheat**

NOTE: Do not exceed suggested daily serving. Not recommended for use by individuals under 18. As with any dietary supplement, consult your physician prior to use if you are pregnant, nursing, have or suspect a medical condition, or are taking medication. Do not use if tamper-evident seal is broken or damaged. **Keep out of reach of children. Use only as directed.** Store in a cool, dry place.

Gluten Free, Dairy Free, and Non-GMO
No artificial colors, flavors, sweeteners, or preservatives

**The wheat has been processed to allow this Dietary Supplement to meet the Food and Drug Administration (FDA) requirements for gluten free.

◇7 grams per 2 scoops is an average. Individual scooping technique may yield slightly more or slightly less than 7 grams. This product is filled by weight, not volume. Some settling of the contents may occur during transit and cannot be avoided.



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