

COLLAGEN PEPTIDES: HOW MUCH SHOULD I TAKE PER DAY?

RECOMMEND DOSAGE

Here's the scoop on how much collagen protein you should take, depending on your goals and needs:



FOR SKIN HEALTH

One 11 gram scoop



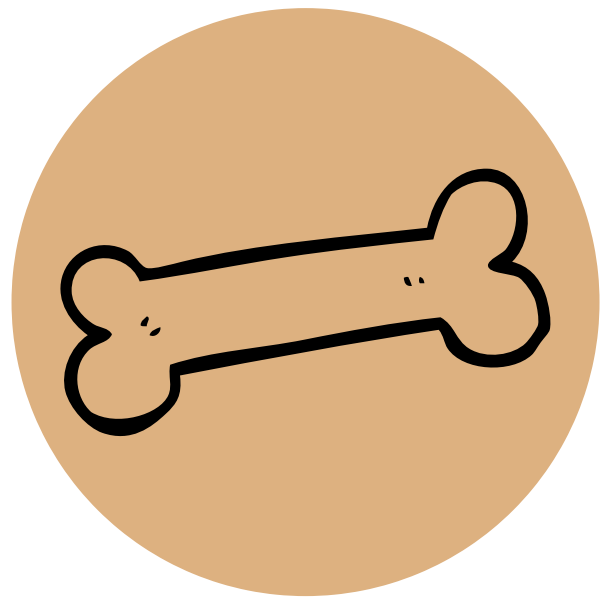
FOR CELLULITE

One 11 gram scoop



FOR MUSCLE

15 grams or 1.5 scoops



FOR BONE HEALTH

One 11 gram scoop



PRO TIP: Vitamin C enhances collagen absorption so we recommend taking collagen alongside fresh fruits and vegetables!

CAN YOU TAKE TOO MUCH COLLAGEN?

Collagen peptides are extremely safe and you should feel comfortable taking about 1-3 scoops per day.

Take it with other protein supplements like whey, plant protein powder, and food-based proteins for a complete array of amino acids and other nutrients.

