



O NUTRICIA COLLAGEN PRENATAL & POSTNATAL

SUPPORTING YOU THROUGH YOUR PRENATAL AND POSTNATAL JOURNEY

Collagen should form an integral part of every woman's pregnancy journey, from preconception through to postpartum.

LET'S LOOK AT THE BENEFITS:

STRETCH MARKS

During pregnancy, the body goes through hormonal and micronutrient changes, which lead to dry skin and decreased elasticity. Collagen helps the skin to retain elasticity and reduce the appearance of stretch marks. It also helps to prevent oxidative stress that occurs with aging and positively adds strength and hydration in your skin.

DIGESTION

Repairs your gut and digestive lining, it helps to draw water into the gut which in return helps to move the food along. Supporting immune function, 70 % of your immune cells are located in your gut, having good gut health = better function of immune system. Gut bugs are not just important for your gut. It's good for metabolism, body weight, brain function, hormone balance, thyroid health, sleep and mood. O Nutricia contains large amounts of the amino acids glycine, glutamine and proline which are beneficial to the intestinal tract and stomach.

JOINTS

A woman's body produces relaxin during pregnancy, this results in weaker joints and makes you more prone to injury. O Nutricia collagen can help to strengthen and protect your joints, helping to alleviate aches and pains at the same time.

HAIR AND NAILS

Hair, skin and nails health usually do a nosedive after baby is born. The essential protein in our collagen will help improve the strength, growth and moisture content in your hair. During pregnancy, there are changes in the body which lead to dry, brittle hair/nails and hair loss. Postpartum hair loss can occur for months to years after child birth. Adding collagen can help keep your nails healthy and strong.

ENERGY LEVELS

Will help you recover quicker after birth as it helps the body repair itself, keeps your metabolism going and boost your energy levels. Also improves fatigue, restlessness and overall sleep quality. Glycine levels in the body support sleep quality and neurological function. O Nutricia has high amounts of this amino acid.

BONES

Helps to strengthen and repair bones that are suffering under the pressure of the extra weight. At the age of 30, peak bone mass is usually achieved, we all need to retain our bone mass and prevent losing it. During pregnancy and breastfeeding, bone resorption is a risk, this means destruction of bone tissues which promotes bone loss, leading to decreased bone mass and density. The reason for this is the fetus requires increased amounts of calcium to develop its skeletal system. Collagen's positive therapeutic role is reducing the risk of joint deterioration by increasing bone mineral density. This plays a protective role on articular cartilage (the smooth, white tissue that covers the ends of bones)



Prenatal woman requires approximately 46g of protein daily. This amount can increase rapidly to 100g per day during pregnancy and lactation. Protein is needed for baby's growth and development, minimizing nausea, blood sugar management, and breast milk production. O Nutricia collagen is an optimal source of clean protein with many other health benefits. There is 9g of protein per serving.

"Collagen peptides are not a drug but rather a nutritional supplement. This means that there are no interactions with any drugs. Side effects are unknown. They are also equipped with a GRAS (generally recognized as safe) certificate from the FDA." Basically they are a part of regular nutrition and food like meat, chicken skin, sweets and so on.

Collagen is the prevalent protein in the human body on a quantity basis of 30 per cent and found in muscle, bone, skin and other tissues. Collagen peptides are a special kind of collagen protein. We do not have any findings to restrict the general harmlessness for pregnant women. We are not aware of any study in this issue.

In any doubt, please consult your treating physician on this matter before consumption."

BALANCE SUGAR LEVELS

If you have been diagnosed with Gestational Diabetes Mellitus (GDM) or Polycystic Ovarian Syndrome (PCOS), collagen supplementation can help regulate blood glucose levels. Women with PCOS have lower levels of Glutathione, a powerful detoxifier and antioxidant. O Nutricia has high amounts of Glycine – one of the three amino acids that the body uses to create glutathione. Why is it important? The body runs out of Glycine, the amino acid controlling the synthesis of glutathione. This means the body's ability to make glutathione is decreased because of an inadequate supply of glycine.

Taking hydrolysed collagen improves your ability to metabolise carbohydrates glucose which helps to improve blood sugar control without the need for insulin. Research shows collagen helps in decreasing markers in HbA1c. High levels Diabetes. Collagen can be very beneficial for diabetics who have 26 % lower levels of glycine than non-diabetics.

MUSCLE AND TISSUE REPAIR

After childbirth, women experience pelvic floor and/or abdominal wall breakdown. This means tears in the tissues and muscles of the pelvic floor and abdomen which may occur. After birth, elastin and collagen undergo a rapid breakdown. Glycine, found in O Nutricia can help the perineum stretch during labour reducing risk of tearing. Collagen helps to repair properly if you do tear. Research has found improved healing rates with collagen supplementation in postpartum women.

DETOX

Pregnancy puts a lot of strain on your liver, not to mention the daily exposure to chemicals and toxins as well. Glycine in O Nutricia supports your liver to break down and digest toxic substances. Glycine helps reduce damage to your liver that it may experience when it absorbs toxins and chemicals. Optimal function and detoxification are crucial during pregnancy as the fetus absorbs everything the mother does during pregnancy and even during breastfeeding.

UNIQUE AMINO ACID COMPOSITION	BIOAVAILABLE & EASILY DIGESTIBLE	CLEAN LABEL NATURAL AND SAFE
O Nutricia contains high levels of: Hydroxyproline (11.9), Proline (12.6) Arginine (7.3) Glycine (22.1) Alanine (8.6) offering specific health benefits	Over 90% of collagen peptides are digested and quickly absorbed after oral ingestion – ready to deliver their benefits	O Nutricia is a natural, 100% Bovine, clean protein, free of E-numbers, gluten, wheat, soya, sugar, additives and preservatives Suitable for Paleo and Banting

AMINO ACIDS	O NUTRICIA COLLAGEN PEPTIDES	WHEY PROTEIN
Glycine	22.1	1.5
Hydroxyproline	11.9	0
Proline	12.6	4
Alanine	8.6	4
Arginine	7.3	2.13
Glutamic	11.4	