From professional athletes to health-conscious consumers, today’s active buyers are looking for more ways to up their game. With Rousselot Health & Nutrition’s collagen solutions, you can give them a way to accelerate recovery, support connective tissue – and reach the next performance level.

A world of health benefits
Global Sports Nutrition Market, 2016-2019\(^1\)

**\(8\%\) CAGR**

Between 2016-2019, sports recovery grew at a CAGR of \(5.7\%\).

**SPORTS NUTRITION IS GROWING**

Recovery is becoming a key sports nutrition driver.

**BOOSTING DEMAND FOR SPORTS NUTRITION**\(^2\)

- Female consumers interest
- Mainstream consumers
- Gyms and sports clubs
- Disposable income
- Connected world: e-commerce and more information available

Sports recovery is a hot issue for both professional and amateur athletes.

- Damage to muscle cells and extracellular matrix (ECM) during exercise causes pain, reduces strength and negatively influences athletic performance\(^3,4\).
- The level of muscle damage affects recovery time – and impacts training load for pro athletes and amateurs alike.

**IN ALL SPORTS, RECOVERY IS VITAL, AFFECTING MUSCLE BUILDING AND ENDURANCE**

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3. Damage to muscle cells and extracellular matrix (ECM) during exercise causes pain, reduces strength and negatively influences athletic performance.
4. The level of muscle damage affects recovery time – and impacts training load for pro athletes and amateurs alike.
PEPTAN®
COLLAGEN PEPTIDES:
A PROVEN SPORTS
RECOVERY SOLUTION

In a pioneering study, Peptan collagen peptides have been demonstrated to accelerate recovery and alleviate muscle soreness after intense exercise.

The study is the first to suggest that our bioactive collagen peptides reduce recovery time after physical activity, possibly due to accelerated repair of the ECM.

Muscle soreness was recorded on a VAS scale for pain after the performance of a squat (90° knee flexion) before and after a session of intense exercise by 24 participants supplemented with either Peptan or a placebo.

Performance was measured by the height of a countermovement jump (knee flexion of 90° and jumping up as high as possible) before and after a session of intense exercise in 24 participants supplemented with either Peptan or a placebo.

Peptan is the only collagen in the market offering proven benefits for sports recovery.

Rousselot scientific studies:

IV. Soniwala, S. et al., 2018. Oral Hydrolyzed Type 2 Collagen Protects Against the OA of Obesity and Mitigates Obese Gut Microbiome Dysbiosis. Poster presentation at ORS 2018 and OARSI 2018

Scan to access details of references 1-15 on rousselot.com
**BRINGING JOINT HEALTH A STEP CLOSER**

Adding an extra dimension to sports recovery by supporting joint health

- Excessive stress on joints is a challenge in sports that involves repetitive, high-impact movements such as running and cycling. Joint stress can damage cartilage, tendons and ligaments.
- **Peptan** and **Peptan IIIm** both can support joint health backed by science.

> Multiple benefits from one single ingredient

As a true all round ingredient for sports nutrition, Peptan offers besides recovery also proven effects on joint health. Peptan can:
- Prevent cartilage degeneration and joint inflammation as demonstrated in an *in vivo* study.
- Reduce joint discomfort.

> For low dosage solutions Peptan IIIm is an ideal ingredient

Peptan IIIm is a hydrolyzed collagen type II matrix. It includes type II collagen and GAGs (glycosaminoglycans) and has been developed to promote joint health at a low daily dosage and across a broader range of low dosage application forms. An *in vivo* study has shown that Peptan IIIm can:
- Protect cartilage from degeneration
- Stimulate cartilage lubrication
- Reduce and prevent joint inflammation.

**RAISING THE PROTEIN BAR**

- Increasing protein intake contributes to improved sports performance

  - Physically active individuals need more protein than average: from 1.4g/kg up to 2.0g/kg of body weight.
  - Peptan bioactive collagen peptides and ProTake hydrolyzed collagen have unique application characteristics that enable them to increase protein content across multiple application forms.
  - Benefits of increasing total protein intake:
    - Promote muscle and strength during resistance training
    - Preserve and maintain muscle during endurance exercise
    - Prevent craving and help reach fitness and weight goals, collagen has been proven to produce high satiety levels in comparison to other proteins.
**ROUSSELOT HEALTH & NUTRITION**

**COLLAGENS FOR SPORTS NUTRITION**

- **Peptan**: Collagen peptides for a healthy lifestyle
  - TYPE I COLLAGEN PEPTIDES

- **Peptan Ilm**: Bringing joint health a step closer
  - HYDROLYZED COLLAGEN TYPE II MATRIX

- **ProTake**: The perfect solution for protein enrichment and application versatility
  - HYDROLYZED COLLAGEN

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**Rousselot Collagens**

- Fast, excellent cold-water solubility
- Neutral in taste and odor
- Highly stable
- Heat resistant
- Can be used in combination with each other, other protein sources, including whey and soy and many other ingredients
- Texture benefits at increased protein levels
- Proven health benefits:
  - Recovery
  - Joint Health
  - Protein enrichment

**Versatile in formulations**

- Collagen powder drinks
- RTD (Ready-to-drink)
- Bars
- Powder blends
- Tablets, capsules
- Sports gels

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**Powerful solutions for today’s health-conscious consumers**

- Premium quality
- From natural source
- Clean label
- Contains no WADA prohibited substance
- Highly digestible and bioavailable
Grow your business with us

ROUSSELOT HEALTH & NUTRITION
BRINGS YOU ALL THE SUPPORT YOU NEED
A WORLD OF HEALTH BENEFITS

About Rousselot Health & Nutrition
At Rousselot’s strategic segment dedicated to health and nutrition, we are committed to developing innovative ingredients answering today’s demand for solutions offering proven efficacy, full safety, and premium quality. Our customers can rely on best-in-class products backed by trusted science, as well as on our expert support in formulation, product development, and regulatory advice. Our range of products includes Peptan, the leading collagen peptide brand worldwide, Peptan IIm, and ProTake, and offers “A world of health benefits” for a healthier tomorrow.