

A woman with a ponytail, wearing a white tank top and grey leggings, is climbing a rock wall. The wall is covered in colorful climbing holds. The background is a blurred indoor climbing gym.

SPORTS NUTRITION

**COLLAGEN PEPTIDES
FUELING PERFORMANCE
AND RECOVERY**

**MARKETING
BROCHURE**

Elevating Sports Nutrition at every level

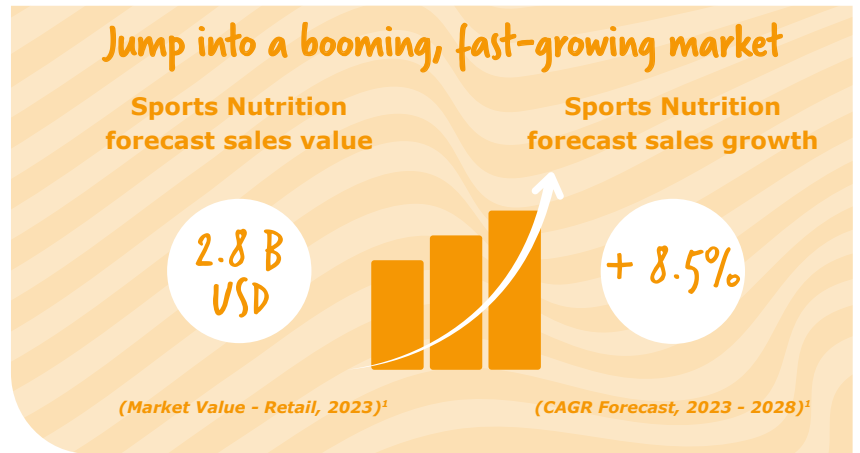
Responding to the booming Sports Nutrition market, Peptan® collagen peptides cater to athletes and active individuals, by providing many benefits. Research indicates positive impacts on recovery, performance, mobility, sleep, and other aspects. This aligns seamlessly with your brand's commitment to fulfilling consumer needs, encompassing both well-being and sustainability.

Rousselot
A Darling Ingredients Brand

SPORTS & ACTIVE LIFESTYLE NUTRITION: A WINNING MARKET CATEGORY

Modern health-conscious individuals are broadening their horizons and diversifying their interests.

A particularly promising sector in the health industry is the field of Sports Nutrition.



Key consumer insights

56%
of global consumers reported exercising more in the last two years²

63%
of global consumers reported looking to improve their health even if not suffering from health problems³

58%
of global consumers that have changed their diet in the last 2 years, have increased their intake of protein to support their active lifestyle and overall wellness⁴

Sporting profiles

Performance

- Rigorous physical activity
- High focus on performance

Active

- Active lifestyle enthusiasts
- Moderate to strenuous exercise

Lifestyle

- Intermittent physical activity
- Concerned about nutrition & health

Why collagen?

As sporty benefits of **collagen peptides ingredients** such as Peptan® become more popular, Sports Nutrition innovations featuring them are becoming more prevalent. With a **double digit growth** in new product launches and less than a 10% market penetration in 2023; collagen peptides within Sports Nutrition is undeniably a **rising star** in this **unsaturated market**.

Sources:

1. Euromonitor.
2. FMCG Gurus: Active nutrition (2023).
3. FMCG GURUS: Health in Action, Proactive and Reactive Consumers in 2023.
4. FMCG Gurus 2023.

OUR COLLAGEN SOLUTIONS FOR SPORTS NUTRITION

Rousselot presents a comprehensive range of collagen solutions, each tailored to deliver a multitude of benefits for athletes or sports enthusiasts. Whether you seek a holistic ingredient or a precise benefit, we can assist you in finding the perfect fit for your portfolio.

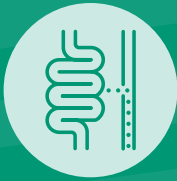


Collagen peptides for a healthy lifestyle

Peptan offers backed by science collagen peptides of world-leading quality, sourced from porcine, bovine, and fish origins.



Benefits observed in scientific studies



Proven bioavailability⁵



Faster recovery due to muscle soreness reduction⁶



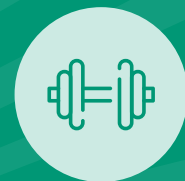
Reduction of joint discomfort and improvement of joint function⁷



Lessen the increase of inflammatory substances in the blood after sports, hence aiding in gut comfort⁸



Improved sleep quality due to reduction in the number of awakenings and improvement of the cognitive performance⁹

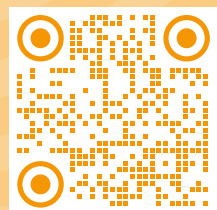


Partial substitution of whey would yield the same results on recovery & performance, while reaping both proteins benefits¹⁰



Discover the science behind Peptan:

Find out more

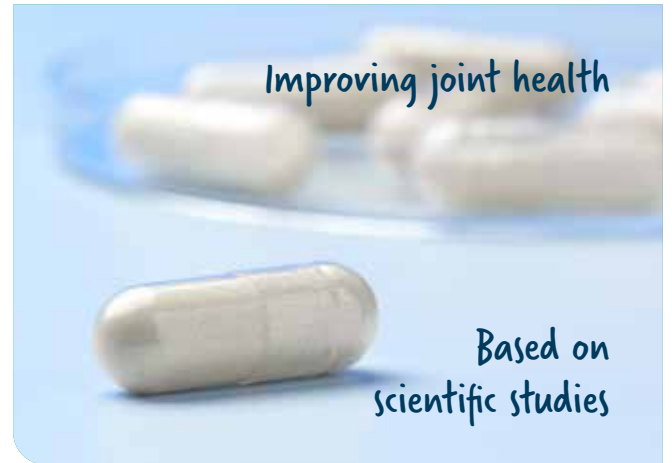


Colartix

Unique collagen cartilage matrix for flex in motion

An innovative real-world evidence study on the intake of Colartix® as a food supplement, showed an enhanced joint well-being with a minimal daily dose (1g per day): after only three weeks¹¹.

Find out more



ProTake

Unlocking application potential with hydrolyzed collagen

In the process of developing reformulated foods and beverages, ProTake® helps you increasing collagen protein content and improving texture.

Find out more



PEPTInex™

Reach your best potential

Meeting the growing market demand for collagen-based products, Peptinex™ is ideal for collagen enrichment.

Find out more



Sources:

5. Kleinnijenhuis, AJ, 2020. doi: 10.1007/s00216-019-02323-x.
6. Clifford T, 2019. doi: 10.1007/s00726-019-02706-5.
7. Jiang JX, Yu S, Huang QR, Zhang XL, Zhang CQ, Zhou JL, Prawitt J (2014) Agro Food Industry Hi Tech 25.
8. Taylor G, 2022. doi: 10.1007/s00394-022-03051-2.
9. Thomas, C. 2023. doi: 10.1007/s00394-023-03267-w.
10. Robberechts, R. 2023. doi: 10.1123/ijsnem.2023-0070.
11. Newman, C. 2023. doi: 10.2196/42967.

BENEFITS OF OUR SOLUTIONS

If your brand is looking to break into the fast-growing Sports Nutrition market, our collagen solutions can help you make the difference. You'll appreciate the ease with which they can be integrated into virtually any kind of application (food or food supplement), and easily blended with other components. The latter feature unlocks opportunities for well-substantiated claims, further enhancing your product's appeal.

Application versatility



Fast, superior cold- and warm-water solubility



Neutral* in taste and odor, even at high concentrations



Transparent* in solution



High stability in a wide range of pH values



Heat resistance



Rousselot's Global Sensory Program draws together insight from our lab analysts and sensory panels to test our products in a scientific, objective and standardized manner. The Sensory Lab is the go-to resource for any questions or ideas you may have about sensory performance.

Peptan Collagen Recovery Drink

Sports recovery is a key issue for both, professional and active lifestyle consumers.

This high protein shake formula contains 10g Peptan per serving while also featuring whey protein, allowing consumers to reap the benefits of both proteins in one tasty cocoa-flavored sports beverage.

Want to find out more about this recipe or be inspired on more?

Contact us at collagen@rousselot.com



* Depending on the solution, please ask us!

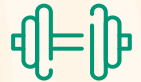
Source:

12. <https://ec.europa.eu/food/food-feed-portal/screen/health-claims/eu-register>

Mix & match for health claims¹²

Rousselot collagens are compatible to blend with other functional ingredients holding Sports Nutrition health claims as approved by EFSA and others such as:

Protein



- Contributes to growth in muscle mass
- Contributes to the maintenance of muscle mass

Ca

K

Mg

Vit D



- Contribute to normal muscle function

Carbohydrates



- Contribute to the recovery of normal muscle function (contraction) after highly intensive and/or long-lasting physical exercise

Complete your product brand story with Peptan and Colartix.

Rousselot is a world leader in trusted, science-backed collagen-based solutions. Many of our customers have engaged us in co-developing successful ingredient branding strategies. Selected customers benefit from our endorsement of their products, with access to the Peptan and Colartix brand names and marketing materials.

Peptan collagen peptides are:

- An upcycled ingredient made from natural resources
- Of natural origin, available from fish, bovine, and porcine origin
- Kosher and Halal certified (on demand)
- Highly bioavailable
- Pure and neutral in sensory
- Backed by science
- World-class, safe products
- Convenient and easy to use
- Clean label, with no additives or e-numbers

Rousselot Health & Nutrition can help you with virtually any product requirement or innovation you have in mind, offering:



Transparency



Full traceability



High standards of quality and safety



Committed to the environment and to our clients



Global support and expert advice

Your Rousselot sales contact information



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, Colartix®, ProTake® and Peptinex™ and offers "A world of health benefits for the consumer" for a healthier *tomorrow*.

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