



**STAY FLEXIBLE  
AND AGILE  
WITH PEPTAN®**



Keeping connective tissue healthy, Peptan collagen peptides provide sport enthusiasts with the health benefits to move freely and efficiently, while also helping to prevent injuries.

Increased interest in sports nutrition comes from a number of consumer groups at different stages and with different levels of commitment and enthusiasm.



**Core users<sup>1</sup>**  
• Elite athletes  
• Bodybuilders

**Fitness lifestyle users<sup>1</sup>**  
• Health and wellness enthusiasts



**Casual users<sup>1</sup>**  
• Mainstream consumers  
• Weight management and fitness

Demand around Sports Nutrition products is growing beyond **Core Users**. Increasingly aiming for **Causal users** and **Fitness lifestyle adopters**.

### Why peptan collagen peptides for sports nutrition?

#### Offer benefits beyond muscle building

Peptan improves athletic performance, accelerate recovery, protects connective tissues, supports healthy joint maintenance, and helps to reduce the risk of injury.



#### Easily digestible

Over 90% of collagen peptides are digested and quickly absorbed after oral ingestion – ready to deliver their benefits.<sup>2</sup>



#### Clean label natural and safe

Peptan is a natural, clean label protein ingredient, free of additives and preservatives.



### What are the benefits?

Peptan are bioactive collagen peptides that support connective tissues, limit joint discomfort and can accelerate recovery from exercise<sup>3,4,5</sup>. Latest science also demonstrated Peptan's anti-inflammatory effects<sup>6</sup> and lower muscle soreness.

Collagen peptides can

- provide ergogenic amino acids<sup>7</sup>
- help strengthen muscle<sup>8</sup>
- support weight management<sup>9</sup>



#### Peptan's functional properties:

- neutral in taste and odor
- excellent solubility
- easily blendable
- low viscosity
- heat-resistant and stable
- transparent in solution

#### Peptan, a sports nutritional solution



dairy



powder drinks



beverages



tablets & capsules



nutritional bars

A world of health benefits

**Rousselot**  
Health & Nutrition

# BENEFIT FROM OUR (CO-)INNOVATION, COMMITMENT & WORLD-CLASS EXPERTISE

With Peptan<sup>®</sup>, you will have a reliable, closely connected partner.



Our global leadership in collagen peptides, combined with our worldwide presence and customer-centric culture, enables us to be a closely connected, reliable partner to you as a manufacturer. We can help you with virtually any product requirement or innovation you have in mind.

#### References

- <sup>1</sup> Trends and Developments in Sports Nutrition. Euromonitor, 2019
- <sup>2</sup> Watanabe-Kamiyama, M. et al., 2010, Absorption and effectiveness of orally administered low molecular weight collagen hydrolysate in rats. *Journal of Agricultural and Food Chemistry*, 58:835-841
- <sup>3</sup> Jiang, J.X. et al., 2014, Collagen peptides improve knee osteoarthritis in elderly women: A 6-month randomized, double-blind, placebo-controlled study. *Agro Food Industry Hi Tech*, 25:19-23
- <sup>4</sup> Clifford, T. et al., 2019, The effects of collagen peptides on muscle damage, inflammation and bone turnover following exercise: a randomized, controlled trial. *Amino Acids*, 51:691-704
- <sup>5</sup> Shaw, G. et al., 2016, Vitamin C-enriched gelatin supplementation before intermittent activity augments collagen synthesis. *American Journal of Clinical Nutrition*, doi:10.3945/ajcn.116.138594
- <sup>6</sup> Dar, Q.A. et al., 2016, Oral hydrolyzed type 1 collagen induces chondroregeneration and inhibits synovial inflammation in murine posttraumatic osteoarthritis. *Osteoarthritis and Cartilage*, 24:S532-S533
- <sup>7</sup> Paddon-Jones, D. et al., 2004, Potential ergogenic effects of arginine and creatine supplementation. *The Journal of Nutrition*, 134(10):28885-28945
- <sup>8</sup> Cermak, N.M. et al., 2012, Protein supplementation augments the adaptive response of skeletal muscle to resistance type exercise training: a meta-analysis. *American Journal of Clinical Nutrition*, 96(6):1454-1464. doi:10.3945/ajcn.112.037556
- <sup>9</sup> Veldhorst, M.A. et al., 2009, A breakfast with alpha-lactalbumin, gelatin, or gelatin TRP lowers energy intake at lunch compared with a breakfast with casein, soy, whey, or whey-GMP. *Clinical Nutrition*, 28(2):147-155

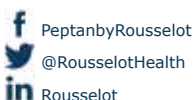
For further references and more information on the science behind Peptan, please visit [rousselet.com/health](http://rousselet.com/health)

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