**COLLAGENS FOR SPORTS NUTRITION:**
*GETTING BACK IN THE GAME FASTER AND STRONGER*

**HIGH INTENSITY TRAINING SESSIONS CAN CREATE DAMAGE TO THE EXTRACELLULAR MATRIX OF MUSCLE AND JOINT CELLS**

Athletes of all levels are increasingly looking for proven nutritional solutions that support recovery and help keep up with demanding training schedules, making sports recovery a hot topic.

**PEPTAN® IS THE ONLY COLLAGEN IN THE MARKET OFFERING PROVEN BENEFITS FOR SPORTS RECOVERY.**

A pioneering clinical study demonstrated that Peptan collagen peptides:

1. **Reduce muscle soreness and improve performance**
   - Muscle soreness was recorded on a VAS scale for pain. 24 hours and 48 hours after high intensity exercise, muscle soreness was lower in the Peptan group.

2. **Accelerate recovery**
   - Performance was measured by the height of a countermovement jump. 24 hours and 48 hours after supplementation, performance was improved in the Peptan group.

3. **And added benefits such as**
   - **Protein supplementation:** A pure protein, Peptan increases protein levels in any application.
   - **Joint support:** Peptan improves joint function and reduces discomfort.

Between 2016-2019, sports recovery grew at a CAGR of **5.7%**.

**Read about the wider benefits of Rousselot’s Health and Nutrition range on the back**
ROUSSELOT®’S HEALTH AND NUTRITION RANGE FOR SPORTS NUTRITION

Collagen peptides for a healthy lifestyle

**TYPE I COLLAGEN PEPTIDES**
- One ingredient, multiple benefits
- Proven sports recovery solution
- Supports overall mobility

**TYPE II MATRIX**
- Triple joint health benefits of the full matrix of hydrolyzed collagen and GAGs
- Low daily dosage

**APPLICATIONS**
- **Power drinks**
- **RTD Beverages**
- **Tablets & capsules**
- **Bars**
- **Dairy**

**BENEFITS**
- Premium quality
- Highly digestible and bioavailable
- Clean label
- Contains no WADA prohibited substance
- Available without allergens
- Fits within keto diet

**REFERENCES**
5. 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