

# 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<sup>1</sup>



Reduced strength



Pain



Reduced performance



Longer recovery time



Joint damage

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.

Recovery is becoming a key sports nutrition driver



Between 2016-2019, sports recovery grew at a CAGR of

5,7%

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

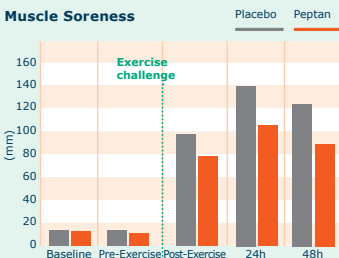
A PIONEERING CLINICAL STUDY<sup>3</sup> DEMONSTRATED THAT PEPTAN COLLAGEN PEPTIDES:



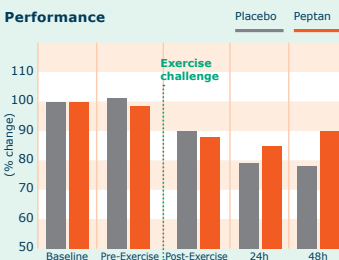
**Reduce muscle soreness and improve performance**

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.

### Muscle Soreness



### Performance



Clifford, T, et al., 2019.



**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.

AND ADDED BENEFITS SUCH AS



#### Protein supplementation

A pure protein, Peptan increases protein levels in any application



#### Joint support<sup>4</sup>

Peptan improves joint function and reduces discomfort

Read about the wider benefits of Rousselot®'s Health and Nutrition range on the back

**Rousselot**  
Health & Nutrition

**DARLING**  
INGREDIENTS

# ROUSSELOT'S HEALTH AND NUTRITION RANGE FOR SPORTS NUTRITION



## Peptan

**Collagen peptides for a healthy lifestyle**

TYPE I COLLAGEN PEPTIDES

- One ingredient, multiple benefits
- Proven sports recovery solution
- Supports overall mobility



## Peptan IIm

**Bringing joint health a step closer**

HYDROLYZED COLLAGEN  
TYPE II MATRIX

- Triple joint health benefits<sup>5</sup> of the full matrix of hydrolyzed collagen and GAGs
- Low daily dosage



## ProTake

**The perfect solution for protein enrichment and application versatility**

HYDROLYZED COLLAGEN

- 90% protein, dry weight basis
- Suitable for a wide range of functional food applications

### BENEFITS



Premium quality



Highly digestible and bioavailable



From natural source



Clean label



Contains no WADA prohibited substance



Available without allergens



Fits within keto diet

### APPLICATIONS



Power drinks



RTD Beverages



Tablets & capsules



Bars



Dairy

#### References




<sup>1</sup> Sofat, N. 2009. Analysing the role of endogenous matrix molecules in the development of osteoarthritis. International Journal of Experimental Pathology, 90(5), 463-479.

<sup>2</sup> Euromonitor: The evolution of Sports Nutrition: A 2019 Update on Trends and Innovations.

<sup>3</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(4):691-704,

<sup>4</sup> Dar, Q. et al., 2017. Daily oral consumption of hydrolyzed type 1 collagen is chondroprotective and anti-inflammatory in murine posttraumatic osteoarthritis. PLoS ONE 12(4):e0174705

<sup>5</sup> 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

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**Rousselot**  
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