



COLLAGEN
PEPTIDES
FOR SPORTS
NUTRITION

On the road to win

Recovery is essential to the well-being and performance of all athletes – who are increasingly looking for effective nutritional solutions.

Premium collagen solutions are natural and safe ingredients to help athletes of all levels recover **faster** and **better**.

Recovery fuels the fire

1. Fast-lane to muscle recovery

A clinical study showed that Peptan® collagen peptides could **reduce muscle soreness** after intense exercise and **accelerate muscle recovery**.*



28%
less
muscle
soreness



13%
faster
muscle
recovery



30%
reduction in
awakenings

2. Dream of gold

When it comes to recovery, sleep is just as important as training.

A recent study has shown that daily supplementation with Peptan before bedtime enhanced sleep quality, showing a **reduction in awakenings by 30%** and **better cognitive performance** vs placebo.*

3. Healthy gut, happier athletes

The tight junctions between intestinal cells can open up due to intense training, causing elevated blood endotoxin levels, which causes inflammation, leading to digestive issues and affecting sports performance. However...

...a study showed that supplementation with Peptan could **lessen the increase of blood endotoxin levels**, suggesting Peptan might be able to support the intestinal barrier function.*



lessen
the increase
of blood
endotoxin
levels



ON THE ROAD
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Rousselot

A Darling Ingredients Brand



Collagen & whey for more benefits

4. Collagen and Whey, Better together

In a double-blind, randomized, parallel-group study, the impact of daily consumption of 20 g of collagen peptides and 25 g of whey was compared to the prevailing standard of 45 g/day of whey. It was found that substituting half of the whey supplement with **Peptan** does not negatively impact **recovery** and **performance**, whereas it allows to reap **the key benefits** of each protein.

5. Less pain, all gain

Whether we are 25 or 75, looking after joints and bones is key to enjoying an active life and excelling at sports.

One *in vivo* study demonstrated Peptan's ability to **support bone formation** and, in a clinical study, Peptan was shown to enhance **joint function**, thereby contributing to **improved mobility**.*

Performing sports can cause particular stress to the joints, making it a challenge for sportspeople.

In a real-life study, **Colartix®**, a low-dose dietary supplement composed of a hydrolyzed cartilage matrix made of naturally occurring collagen peptides and chondroitin sulfate, was able to significantly **reduce joint discomfort** when compared to a placebo.*



Improved joint function



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We provide solutions that can support multiple aspects of all athletes' wellbeing, performance and active lifestyle.

#OnTheRoadToWin
#Recoveryfuelsthefire



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*References available upon request