

# Salmon Collagen Plus

Wild-Caught, Low-Dose Formula\*

**Salmon Collagen Plus** contains salmon cartilage proteoglycans type II (SCP-II), which are naturally extracted from wild-caught salmon. SCP-II is comprised of 40% undenatured type II collagen and 35% undenatured proteoglycan. The material is 100% salmon nasal cartilage, non-GMO, non-irradiated, with no carriers. The sourcing is environmentally sound, as under usual circumstances, fish heads are discarded as waste.

In the body, proteoglycans are key components of the extracellular matrix that help the tissues to hold moisture. Proteoglycans and the moisture held by them enable cartilage to withstand high loads of compression, smooth the movement within the joints, and help keep skin hydrated and soft.\*



#57420  
60 Vegetarian Capsules

## Key Features

- Supports health and hydration of connective tissue and joints\*
- Supports hydration, elasticity, and tone of skin\*
- Contains 6.5 mg undenatured type II collagen and 5 mg undenatured proteoglycans per capsule
- Sustainably sourced from wild-caught salmon
- Non-GMO material, non-irradiated, safe for daily use



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A new patented extraction method now allows the recovery of undenatured proteoglycans from salmon nasal cartilage. Undenatured proteoglycans have twice as many immune receptors as denatured proteoglycans. Clinical studies show that very low doses of undenatured proteoglycans of 5 to 10 mg support joint function, reduce temporary discomfort, and improve skin tone and appearance.\*

Collagen is found as extracellular proteins in higher animals, primarily in the skin, bones, cartilage, tendons, ligaments, and teeth. It is that which knits us together, its strong insoluble fibers forming connective tissue between cells. It is sold in denatured form in groceries as gelatin and is also commonly used as a nutritional supplement for its support of the joints and skin.\* Chicken type II cartilage products typically only contain 25% type II collagen and no proteoglycans.

SCP-II supports the health of articular cartilage, the crucial buffer between adjoining ends of bones.\* Articular cartilage is made up of type II collagen and proteoglycans, and both can be produced and maintained from its self-contained chondrocytes.

Articular cartilage preserves its fluid nature through its proteoglycan and hyaluronic acid content, both of which are hydrophilic. Holding moisture in the tissue matrix, proteoglycans help protect the cartilage structure.\* Likewise, the proteoglycan content of the skin promotes moisture retention in the skin and benefits its health, integrity, and appearance.\*

In healthy humans 40 to 75 years of age with knee discomfort, consumption of 5 mg of salmon cartilage-derived proteoglycan daily for four weeks led to significant improvements in the Visual Analogue Scale (VAS) comprehensive scores and reduced hs-CRP levels.\* In another human study, 10 mg of proteoglycan daily for twelve weeks yielded significantly improved knee range of motion and decreased discomfort with both movement and rest.\* Subjects taking 10 mg of proteoglycans daily for 16 weeks also showed significantly reduced collagen degradation.\*

In healthy subjects with rigidity of the knee, daily oral supplementation of 50 mg of salmon nasal cartilage for four weeks significantly improved VAS scores, better than both a non-active placebo group and an active placebo group that took 1500 mg of glucosamine hydrochloride.\*

Research shows proteoglycans can also support health and appearance of the skin.\* Men and women

taking 5 mg per day of salmon proteoglycans for 2 weeks experienced a significant decrease in wrinkles, pores, blotches, and improvement in skin elasticity and looseness compared to placebo.\* Increased skin hydration and decreased roughness was also noted.\*

Proteoglycans are undergoing wide-ranging exploration for other possible benefits. Besides being an important structural element of the extracellular matrix, proteoglycans appear to be involved in signaling with the immune system.\* Preliminary research suggest that proteoglycans potentially act as immune system modulators and support a normal inflammation response, in part by decreasing levels of TNF- $\alpha$  and nitric oxide synthase and increasing IL-10.\*

### Supplement Facts

Serving Size 1 Capsule  
 Servings Per Container 60

Amount Per Serving	% Daily Value
Salmon nasal cartilage powder	16.67 mg †

† Daily Value not established.

Other ingredients: Hydroxypropyl methylcellulose, microcrystalline cellulose, L-leucine, silicon dioxide.

**Suggested Use:** As a dietary supplement, 1 capsule one to three times daily, or as directed by a healthcare practitioner. May be taken with or without food.



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