

Frequently Asked Questions



1. Are there any side effects of taking this product?

Besides the listed known allergies, we do not have any known side effects.

2. What is the source of the collagen ?

The collagen source comes from fish.

3. Is this safe for people who have fish allergies?

The product contains fish collagen. It is not recommended for people who have fish allergies as the fish collagen might cause an allergen reaction.

4. I understand fish scales are used. Which sea creatures are they from, so as to avoid seafood allergies?

The only sea creature used in the product is fish (please see the package to see the details). No other seafood allergies are associated with the product.

5. How long until you see a difference while using this product?

Results vary with each individual but it is recommended to take at least 30 days to see a difference.

6. Can you combine it with juice if you do not like the taste?

Yes, you can mix it with juice or any cold beverage; nothing hot.

7. If you let it sit, will it get clumpy again?

No, once it dissolves it should not solidify.

8. Should this supplement be avoided with any medication?

We are not aware of any interactions between Pink Collagen Complex and prescription medications. However, if there are any questions along these lines, the user should certainly consult a physician.

**9. How much of the Pink Collagen Complex can we take daily?
Is there such a thing as too much?**

The recommended daily intake of the Pink Collagen Complex is 1 sachet a day but no more than 3 sachets per day.

10. Do we know the amount of grams in protein it has?

Each serving has 4.8 g of protein.

11. The product label is in English, how can we retrieve it in Spanish or French?

There is a QR code one can scan for the French and Spanish version.

12. Can we mix the product in less or more than 5 ounces of water or my beverage of choice?

Yes, as long as the water or beverage is cold.

13. Will it reduce the effectiveness of the collagen if mixed with more than 5 ounces of liquid?

No, the potency will not be affected.

14. Is it safe for someone who is allergic to gluten to take the Pink Collagen Complex?

The product is considered gluten-free because as long as the ingredient does not cause the final food product to contain a level of gluten at/above 20 ppm. It will be up to the individual to speak to their primary care physician to discuss this decision.

15. Why should men use this? What are the benefits for men? Are men as likely to desire a collagen product?

Collagen is the most abundant protein in both men and women, so yes, men would benefit from taking a collagen supplement, too. Collagen could benefit men by replenishing collagen loss when aging. This could support joint health, bone health, muscle health, gum health, hair health, skin health, vascular health, and more connective tissue health in men. Men would desire a collagen product, too. For example, a market trend report from Precedence Research revealed that “searches for ‘collagen benefits for men’ are up 350% in the last 12 months in the UK” in May 2023.

16. What does it taste like?

A natural fruit beverage.

17. What is the wheat used for? Where does it come from?

The wheat is from the wheat-extracted soluble fiber that is called NUTRIOSE®. NUTRIOSE®. It is a food product used as a carrier as well as a dietary fiber that supports healthy microbiome, gut health, and blood sugar control. Although it is extracted from the wheat, the soluble fiber has been processed to allow this food to meet the Food and Drug Administration (FDA) requirements for gluten-free foods.

18. Is there any sugar in it? Or stevia?

The product does not contain added sugar or artificial sweeteners. The sweetness comes from naturally sweet beetroot and stevia.

19. Why is it recommended to take first thing in the morning?

It is recommended to take in the morning for better absorption.

20. Will it help with eczema and psoriasis?

Although there are scientific studies showing that a collagen supplement may provide some benefits to the epidermal barrier function [1,2], eczema and psoriasis are skin diseases/conditions and the product is not for treatment of any disease. There is no direct evidence that shows a collagen supplement could help eczema or psoriasis. If you are experiencing any skin disease, please consult a physician for a thorough evaluation before using the product.

21. How young can someone be to take it?

None of the ingredients in product are harmful to children. However, on average, collagen loss occurs from age 25 in humans. It is suggested that people over 20 years old could start taking the product to prevent drastic collagen loss.

22. Is there a good, better, best time to take?

The key for the product to work is the consistency. Thus, the best time to take the product is whenever works for you as long as you can make sure to take one serving every day. You can set up your own routine, so you won't forget to take collagen, for example, taking it in the morning before breakfast when your stomach is empty.

23. Is it necessary to drink it in the morning on an empty stomach?

No, but that is ideal.

24. How does the collagen get from the gut to under the skin?

When the collagen peptides are taken and transported through your digestive system, collagen is broken down into smaller peptides and amino acids, which are then distributed wherever the body most needs protein.

25. What age group should take this product?

It is recommended for ages 20-70 years old.

26. Why does it say Marine collagen “may support joint health” vs “bovine collagen supports joint health”?

Both marine collagen and bovine collagen have potential to support joint health.

27. If someone has rosacea, would this product exacerbate the issue?

There's no direct evidence showing that taking the product would reduce or exacerbate rosacea. Please consult a physician for a thorough evaluation before using the product.

28. Should you take more of the collagen than what is in the packet according to your weight?

Five grams of collagen is reportedly effective in some human studies. For example, in a clinical study with 60 healthy subjects whose weight ranged from 48kg to 98kg, taking 5 grams of collagen showed some effect in members of the treatment group [3]. However, if you feel like you would want to take more than one packet of the product, taking two packets a day should not cause harm if you are healthy.

29. Would it clash with any supplements we are taking now from Nikken?

No, the Pink Collagen Complex is not known to clash with any other Nikken supplements.

30. Is this product tested for purity and potency by a third party?

The product is tested for microbiome and heavy metals by a ISO17025-certified laboratory. The ingredients are also laboratory tested for purity and potency at all levels of development.

31. Is this product an original Nikken development?

Yes, it is a Nikken-developed product, and it is a Nikken-exclusive product.

32. Is there any health issue that prohibits a person from using collagen?

Since collagen is a type of protein, you will need to consult a physician before using the product. If you have any disease, health condition, or if you are taking any medication, please also consult a physician for a thorough evaluation.

33. Does this product have any gluten or dairy ingredients or traces?

No dairy ingredients or traces are in the product. As for gluten, the gluten content from the wheat extracted soluble fiber is lower than 2.2 ppm in the product which meets the Food and Drug Administration (FDA) requirements for gluten-free foods.

34. What is the percentage of iron?

The iron content is 5 mg per serving in this product

35. Will you package this in a bulk container for more value?

Tube packaging is expensive.

The advantage of sachet packaging is its convenience. It is easy to use, already portioned, and can be taken on the go. For business purposes, it allows for sampling and easy sharing. For now, we will only offer sachet packaging.

36. What potential hair health benefits can we anticipate with our marine based Pink Collagen Complex?

Marine collagen could benefit hair health for stronger, healthier looking hair.

37. Does collagen aid with nail growth?

Yes, it is considered a beauty product that may also support nail growth.

38. Should it be taken on its own?

Pink Collagen Complex can be taken with water, sparkling water, protein shake, yogurt, juice, or other food and beverage.

39. Will there be available samples to send?

We will have a Sampler pack available for purchase and to share with your customers. However, we will not directly send out samples to your customers.

40. Should we take the product with or without food, with hot or cold liquids?

Denaturation of Collagen peptides will not occur when the temperature is below 149 °F. Taking the product with food or beverage that is not hotter than 149 °F is best, for example, warm water is fine, but not super-hot coffee or tea, cold food, etc. Hot liquids may destroy the beneficial components.

41. Where is this product manufactured?

Made in Taiwan. This information is on the product box.

42. What is the shelf life of this product?

If the sachet is not opened, 2 years when stored in a cool, dry place.

43. What is the purpose of Resistant dextrin? What is it derived from?

It is a form of indigestible maltodextrin made from fermented wheat. It is often used in the food industry as an excipient without significantly impacting taste or texture. It is ideal for diabetics because it has the features of low glycemic index. Because the body is unable to absorb and break down fiber, it doesn't cause a spike in blood sugar the way other excipients can.

44. Is this product kosher?

No.

REFERENCE

- [1] Asserin, Jérôme, et al. "The effect of oral collagen peptide supplementation on skin moisture and the dermal collagen network: evidence from an ex vivo model and randomized, placebo-controlled clinical trials." *Journal of cosmetic dermatology* 14.4 (2015): 291-301.
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- [3] Duteil, L., et al. "Specific natural bioactive type 1 collagen peptides oral intake reverse skin aging signs in mature women." *J Aging Res Clin Practice* 5.2 (2016): 84-92.
- [4] Hwang, Su Bin, Hyeon Ju Park, and Bog-Hieu Lee. "Hair-growth-promoting effects of the fish collagen peptide in human dermal papilla cells and C57BL/6 mice modulating Wnt/ β -Catenin and BMP signaling pathways." *International Journal of Molecular Sciences* 23.19 (2022): 11904.
- [5] Milani, Massimo, Francesca Colombo, and GFM/O Trial Investigators Group: Chiara Baraldo (Padova), Mauro Barbareschi (Milano), Paolo Chieco (Ruvo di Puglia), Laura Colonna (Roma), Mandel Victor Desmond (Modena), Maria Cristina Fiorucci (Genova). "Efficacy and tolerability of an oral supplement containing amino acids, iron, selenium, and marine hydrolyzed collagen in subjects with hair loss (androgenetic alopecia, AGA or FAGA or telogen effluvium). A prospective, randomized, 3-month, controlled, assessor-blinded study." *Skin Research and Technology* 29.6 (2023): e13381.