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# B.R.A.V.E.

## PRO COLLAGEN PLUS

Hydrolyzed Collagen + Health Support Dietary Supplement

B.R.A.V.E. Pro Collagen Plus is synthesized utilizing grass-fed collagen peptides from healthy cows and provides nutrient-rich type I and III collagen peptides. Our formula supports improved exercise performance by supporting an increase muscle protein synthesis, prevention of muscle tissue break down, increased energy, increased cognition, enhanced muscle pump, increased focus, and recovery from exercise. With Insta-Sorb Collagen Peptides for Superior Mixability & Enhanced Absorption.



*These statements have not been evaluated by the Food and Drug Administration.  
This product is not intended to diagnose, treat, cure or prevent any disease.*



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**Integrated formulas to optimize your overall health & wellness.**

SUGGESTED USE: AS A DIETARY SUPPLEMENT, TAKE ONE (1) SCOOP WITH 8-12 OZ OF LIQUID.

### SPECIFICATIONS

- Flavor: Flavorless Powder
- NET WT. 451 g / 40 Servings

### CAUTION:

Check with a qualified health care professional before taking this product if you are pregnant or nursing a baby, under 18 years of age, have any known or suspected medical conditions, and/or if you are taking any prescription or OTC medications.

### Supplement Facts

Serving Size 1 Scoop (11g)  
Servings Per Container Approx. 41

	Amount Per Serving	%Daily Value
Calories	40	
Protein	10 g	†
Sodium	15 mg	< 1%**
Bovine Collagen Peptides	11 g	†

†Daily Value not established.

\*\*Percent Daily Values are based on a 2,000 calorie diet.

### Amino Acids

	Amount Per Serving	Amount Per Serving
Alanine	869 mg	Leucine* 308 mg
Arginine	825 mg	Lysine* 330 mg
Aspartic Acid	561 mg	Methionine* 77 mg
Cysteine	11 mg	Phenylalanine* 198 mg
Glutamic Acid	1,144 mg	Proline 1,430 mg
Glycine	2,024 mg	Serine 297 mg
Histidine*	121 mg	Threonine* 165 mg
Hydroxylysine	44 mg	Tryptophan* 11 mg
Hydroxyproline	1,166 mg	Tyrosine 66 mg
Isoleucine*	132 mg	Valine* 231 mg

\*Essential Amino Acids.



## KEY INGREDIENTS

INGREDIENT	BENEFITS
Collagen peptides	<ul style="list-style-type: none"> <li>• Supports skin elasticity, hair growth, skin hydration, joint comfort, cardiovascular health, digestive health, dental health, wound healing, and increased bone density (72).</li> <li>• Most abundant protein in the body is paramount in maintaining optimal connective tissue integrity (72,71).</li> <li>• Collagen type III are vital for blood vessel elasticity thus optimizing stroke volume (blood flow), lowered blood pressure (72, 70).</li> <li>• Reduces the age-associated loss of collagen production decline (72,71).</li> <li>• Type I supplementation supports the development of skin, bone, teeth, tendon, ligaments, vascular ligature, and organs (70,71,72).</li> <li>• Hydrolyzed collagen peptides provide the amino acids of collagen synthesis in the dermis via increased elastin fiber creation (70,72).</li> <li>• Collagen oligopeptides (ligands) attach to fibroblasts (bone formation cells) receptors on the fibroblast membrane synthesizing new collagen production (70,71,72).</li> </ul>
Alanine	<ul style="list-style-type: none"> <li>• Amino acid that is used to make proteins.</li> <li>• Supports the break down tryptophan and vitamin B-6.</li> <li>• Source of energy for muscles and the central nervous system.</li> <li>• Supports a healthy immune system</li> <li>• Helps the body use sugars.</li> </ul>
Aspartic Acid	<ul style="list-style-type: none"> <li>• Supports athletic performance, and muscle strength</li> </ul>
L-Cysteine	<ul style="list-style-type: none"> <li>• Supports natural collagen production</li> </ul>
L-Glutamine	<ul style="list-style-type: none"> <li>• The most abundant amino acid in skeletal muscle that fuels immune cells, improves exercise recovery, and optimizes gut microbiome (18).</li> <li>• Vital for lymphocyte (immune cell) proliferation (growth) and paramount in neutrophil (immune cell) destruction of bacteria (18).</li> <li>• Vital for activation of genetic signals that support immune function and vitality (18).</li> <li>• Glutamine is utilized by immune cells at high rates during catabolic conditions (post-surgery, sepsis, burns, and extreme exercise (18).</li> </ul>
Glycine	<ul style="list-style-type: none"> <li>• contributes to cellular growth and health</li> </ul>

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L- Arginine	<ul style="list-style-type: none"> <li>● Natural vasodilator precursor to increased nitric oxide levels (1).</li> <li>● Supports immune function by maturation of the T cell (immune cell) receptor zeta (TCR) (2).</li> <li>● Improves exercise performance via increased stroke volume (blood flow) and increased nutrient delivery to exercising muscle (3).</li> <li>● Reduces arterial blood pressure, insulin resistance, and supports fat lipolysis (fat burning) (4).</li> </ul>
BCAA 2:1 (Leucine, Valine, Isoleucine)	<ul style="list-style-type: none"> <li>● Improve exercise performance, increase muscle protein synthesis, prevent muscle tissue break down, supports immunity, gut health, lipid metabolism, and recovery (41,42).</li> <li>● Leucine stimulates muscle protein synthesis (muscle growth) via stimulation of the mTORC1 pathway (genetic pathway for cell growth) even in a caloric deficit (41).</li> <li>● Suppresses muscle degradative pathway (muscle tissue break down) during times of catabolism and caloric deficit (41).</li> <li>● Leucine stimulates muscle growth in sarcopenic elderly individuals that have increased leucine needs (41).</li> <li>● Acts as a regulator to promote intestinal development, nutrient transporters, and immune-related function (42).</li> </ul>
L-Tyrosine	<ul style="list-style-type: none"> <li>● Supports memory, cognitive flexibility, the executive function of the brain, and convergent thinking (60).</li> <li>● A precursor to dopamine and is vital for dopamine synthesis in the brain (60).</li> <li>● Supports cognitive function in individuals with high amounts of stress and anxiety (60,61).</li> <li>● Increases dopamine levels in highly stressed individuals (60).</li> </ul>
L- Lysine	<ul style="list-style-type: none"> <li>● Supports skin health, immune health, antioxidant function, reduced anxiety, and energy production (313).</li> <li>● Supports reduced anxiety via decreases in plasma cortisol concentrations (313).</li> </ul>
L-Histidine	<ul style="list-style-type: none"> <li>● Supports immune health (314).</li> </ul>
Methionine	<p>Supports:</p> <ul style="list-style-type: none"> <li>● Nourishing the hair, skin, and nails</li> <li>● Facilitating the detoxifying process</li> <li>● Supporting with the absorption of other nutrients</li> <li>● Supporting in the excretion of heavy metals</li> <li>● ePreventing excess fat buildup in the liver</li> <li>● Lowering cholesterol levels by increasing <a href="#">lecithin</a> production in the liver</li> </ul>
Proline	<ul style="list-style-type: none"> <li>● helping form collagen, regenerating cartilage, forming connective tissue, repairing skin damage and wounds, healing the gut lining, and repairing joints</li> </ul>
Serine	<ul style="list-style-type: none"> <li>● Supports cognitive function and improved sleep</li> </ul>
L-Threonine	<ul style="list-style-type: none"> <li>● Supports digestive health via restoration of mucin synthesis and stabilization of gut microbiota (311).</li> </ul>

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INGREDIENT	BENEFITS
L-Tryptophan	<ul style="list-style-type: none"><li>• Decreases anxiety, supports positive mood, supports gut brain axis, and an improved sleep cycle (259,260).</li><li>• Decreases anxiety via increases in 5 HTP (259, 260).</li><li>• Improves circadian rhythm via increased natural melatonin production (259,260).</li><li>• Supports gut brain axis via natural increased production of serotonin in gut neurons (260).</li></ul>