

## - Skin / Enzymes

### 3 Ways Collagen Supports Your Body

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If you experience signs of redness, ageing, dullness, and dryness, it can help to work from the inside, out, in order to notice real, long-lasting changes to your body's biggest organ, your skin. This means that if you want healthy skin, you need to start with a healthy gut. To achieve both, look towards collagen!



#### 1. Supports gut health

Collagen naturally strengthens your gut lining, and your gut lining prevents movement of food outside of your gut which causes external reactions. Topping up on extra collagen is extra loving for both your skin and gut.

#### 2. Increases collagen stores

Collagen is the strong, springy, fibrous protein substance that is woven into your body's tissue. Adding supplementary collagen not only boosts your body's stores, but encourages further collagen production.

#### 3. Reduces oxidative stress

Oxygen molecules, also known as free radicals, enter your body and steal electrons from your healthy molecules, causing damage at a cellular level. If you are showing signs of oxidative stress, you might also want to consider adding a supplement rich in antioxidants, like collagen!

Available in two delicious flavours, chai and vanilla, BePure Collagen+ supports skin health, gut health, and immunity. Made with marine collagen peptides and loaded with antioxidants, and essential nutrients, it's a daily must-have for total wellness and makes for a delicious daily habit.

Always read the label and take as directed. Use in conjunction with a healthy diet and exercise. TAPS PP8163. BePure, Auckland.