



NATURE'S SUNSHINE

Collatrim

GOOD FOR

Muscles

Musculoskeletal System

Connective Tissue

SIZE **180 Capsules**

ITEM # **3065**

SERVING **3**

SUPPLY **20 days**

DIRECTIONS FOR USE Take 3 capsules with a meal three times daily.

— How the Key Ingredients Work

Collatrim delivers a concentrated source of collagen — the body's most abundant structural protein — to help replenish what everyday activity, aging, and wear naturally deplete. Think of it as giving your body the raw building blocks it needs to keep joints cushioned, bones strong, and connective tissue resilient.

Collagen (Connective Tissue & Joint Comfort) — Collagen is the fibrous protein that holds your body together — literally. It makes up the white fibers in skin, tendons, cartilage, and every other connective tissue. Supplementing with collagen peptides gives your body the amino acid building blocks it needs to support the structural framework that keeps joints moving comfortably and tissues holding their shape.

Collagen (Bone Strength) — About 90% of the organic material in your bones is collagen, which forms the flexible scaffold that minerals like calcium anchor onto. Research in postmenopausal women found that taking specific collagen peptides daily for 12 months was associated with meaningful improvements in bone mineral density at the hip and spine compared to a placebo group.

Collagen (Joint Comfort — Undenatured Type II) — Undenatured type II collagen is a form that works with your immune system to help it stay calm around joint tissue. In a well-designed clinical trial, this form of collagen outperformed a combination of glucosamine and chondroitin on measures of joint pain, stiffness, and everyday physical function — encouraging news for anyone dealing with achy, stiff joints.

Collagen (Back & Spinal Support) — The discs that sit between your vertebrae are built largely from collagen, and they naturally lose some of that collagen over time. A placebo-controlled clinical study found that collagen peptide supplementation was linked to significant improvements in back discomfort, suggesting it may help support the structural integrity of the spine's cushioning discs.

Collagen (Active Lifestyle & Tendon Support) — Tendons — the tough cords that connect muscle to bone — are dense with collagen fibers. A 24-week study in collegiate athletes found that taking collagen hydrolysate daily alongside exercise was associated with increased tendon cross-sectional area and stiffness, two markers that reflect stronger, more resilient tendons better equipped to handle physical demands.

Collagen (Skin Elasticity & Hydration) — Collagen is one of the key proteins that gives skin its firmness and bounce. As the body's natural collagen production slows with age, skin can begin to feel less supple. Supplementing with collagen peptides is thought to help support the skin's structural layer, contributing to a smoother, more hydrated appearance over time.

Collagen (Cartilage Cushioning) — Cartilage — the smooth, rubbery tissue that pads the ends of your bones — is rich in collagen. When cartilage wears thin, joints can feel grinding and uncomfortable. Providing the body with collagen peptides helps supply the raw materials that cartilage tissue relies on to maintain its cushioning properties and keep joints moving more freely.

 (888) 510-7196  service@caringsunshine.com

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