

PHARMANEX **BEAUTY FOCUS COLLAGEN+** FAQ



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What is collagen?

Collagen is a skin structural protein in the human body. I think many might have heard about collagen in connection with beauty and its role to reduce the visible signs of skin aging. When we age, the collagen is known to play an important role in the appearance of fine lines and wrinkles and other visible signs of skin ageing.

How many types of collagen are there?

The most abundant types of collagen in the body are collagen types I, II, and III. Collagen type I is the most common in skin, bone, tendons, and ligaments. Collagen type II is most common in cartilage. And collagen type III is usually found in skin and bone, alongside type I. In addition to where it is located and depending on whether it is type I, II, or III, there are minor differences in collagen structure. However, as a nutritional source, the type of collagen or how many types of collagen in a food supplement is not so important. Collagen is typically delivered as collagen peptides, which means that the original structure of the type of collagen has already been broken down. The source of collagen used in Beauty Focus Collagen+ (which starts out as type I collagen) undergoes a specific process where the strands of collagen are separated or denatured and then are hydrolyzed to form specific low molecular weight collagen peptides with a unique peptide fingerprint. Collagen+ provides an effective dose of collagen peptides to support the claimed beauty benefits, which ultimately matters more than what type of collagen is used."

Collagen Peptides and collagen, what is the difference?

Collagen is a big molecule composed of three long polypeptides chains, and all chains consists of different amino acids.

Collagen peptides are created from collagen, but they are very different. The size of collagen is about 10 to 100 times bigger than collagen peptides, and this can vary based on how it is hydrolyzed.

A controlled treatment is a first step in the process of getting our collagen hydrolysate. By adding a second specific and controlled enzymatic hydrolysis reaction, the supplier created collagen peptides with low molecular weight.

Because peptides are smaller, they can be better absorbed by the skin in comparison with the full collagen molecule.

What is Beauty Focus Collagen+?

Beauty Focus Collagen+ is an innovative collagen beauty supplement that includes expertly chosen ingredients to deliver proven anti-ageing benefits. Each sachet of our blend contains Collagen Hydrolysate and Wheat Oil Extract. In addition, it also contains Lutein. Beauty Focus Collagen+ is proven to help support multiple important areas of skin beauty. It helps maintain skin elasticity, impact positively skin radiance, help to keep the normal structure of the skin and reduce eye wrinkle volume after 4 months.

How are the peptides in Collagen+ special?

The collagen used in Collagen+ is under specific controls by our supplier during hydrolysis to obtain a collagen peptide profile or peptide "fingerprint" that is optimised for beauty, as illustrated by the positive effect and improvements in the visual appearance of skin features.

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Where do the collagen peptides in Collagen+ come from?

Our Collagen Peptides are from type-I bovine collagen, sourced from predominantly pasture-raised cows with grass or mixed-vegetable diets. Any collagen type can be used to obtain peptide sequences, as long as the collagen goes through the special hydrolyzing technique.

Is Beauty Focus Collagen+ made from pasture raised, grass fed cows?

The collagen hydrolysate is sourced from predominantly pasture-raised cows with grass or mixed-vegetable diets. (Please be aware that this is predominantly, we do not have any information for the rest.)

Is Collagen+ just collagen peptides?

Not at all. Beauty Focus Collagen+ utilizes special Collagen Peptides, but it also includes other ingredients. The “plus” refers to added ingredients Wheat oil extract and Lutein. Wheat Oil Extract is extracted from the nutrient reserves found in wheat, the ancient grain pivotal to human history. In addition, it also contains lutein. Lutein is derived from marigold flowers, with orange petals – the colour of sunshine, which is reflected in the hue of Beauty Focus Collagen+.

Is Collagen+ gluten free?

Yes. As per EU legal claims standards, products with gluten level below 20ppm may be claimed as gluten-free. However, since the Wheat Oil Extract in Beauty Focus Collagen+ contains maximum 3ppm of gluten, in line with the regulation on food labelling rules, you will see ‘wheat’ marked as an allergen on our packaging.

Is Collagen+ vegan or vegetarian?

Beauty Focus Collagen+ contains collagen peptides sourced from bovine hide. Typically, collagen in food supplements is from bovine, porcine, or marine sources. The specific source used in Collagen+ is very well studied for skin beauty benefits when taken internally at the dose provided.

We are aware that scientists have developed ways to produce vegan collagen however, the collagen used in Collagen+ is still one of the most well studied forms of collagen used for beauty benefits.

Is there fructose in Beauty Focus Collagen+?

No there is no fructose in Beauty Focus Collagen+. There is however Stevia present for sweetness.

The product tastes sweet, does it contain sugar or where does the sweetness comes from?

The sweetness comes from Stevia, labelled as Steviol glycosides from Stevia a known sweetener used in products. The use of Steviol glycosides from Stevia means that calories was not added to obtain the sweetness taste.

What age should I start taking collagen?

Anyone from the age of 18 and up can take collagen safely. Besides, the Nu Skin clinical study to substantiate the beauty claims was performed for the age group of 40 to 60.

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Do you advise to use Beauty Focus Collagen+ with Nu Skin topical skin care products to see results?

No. Beauty Focus Collagen+ is proven to be effective by itself. However, when used in conjunction with the ageLOC LumiSpa® cleansing routine, visible skin radiance, texture, and overall appearance benefits were found by the dermatologist assessment. You can certainly use Beauty Focus Collagen+ alone, but, you can also pair it with the ageLOC LumiSpa beauty device system so your skin feels cherished from both the inside and the outside.

(*) ageLOC LumiSpa device with silicone normal head and ageLOC LumiSpa Cleanser for Normal to Combination skin.

Can I mix Collagen+ in a warm drink?

You can mix Collagen+ with liquids up to 176° F (80° C) without impacting the efficacy of the Collagen Hydrolysate. We do suggest consuming the product right after mixing it.

What is the best time to take Collagen+?

The best time to take Beauty Focus Collagen+ is whenever it is easiest for you remember to take it on a daily basis! There is no optimal time to take it. What the science does confirm is that being consistent and getting the recommended daily dose is what matters most. This is why taking it daily will contribute to optimal results. This could be in the morning, afternoon, or evening—it all depends on what works best for you.

Can I take multiple servings per day?

Collagen+ was formulated to take one stick pack per day which contains 2.5 g of collagen hydrolysate, 70 mg of Wheat Oil Extract, and 5 mg of Lutein. Our clinical studies showed this dose to be safe and effective. The daily dosage is 1 sachet dissolved in 100 mL of water, which should not be exceeded.

Can also pregnant and breastfeeding women take Beauty Focus Collagen+?

Even if we do not expect any harmful effect in case of the usage of the general population neither Nu Skin nor Pharmanex products, sold in EMEA, target pregnant or breastfeeding women. While formulating the products we focus on the needs of healthy adults meaning that we choose ingredients in such concentration which are considered to be beneficial based on the scientific evidence and comply with the local regulations. Pregnancy and breastfeeding are specific conditions when the needs of the body change. As mentioned on the label we recommend consulting with the physician before using our products. Please visit nuskin.com where you can find the ingredient list of the products and your physician can check it to decide if it's suitable for you.

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