

COLLAGENS FOR SPORTS NUTRITION: GETTING BACK IN THE GAME FASTER AND STRONGER



HIGH INTENSITY TRAINING SESSIONS CAN CREATE DAMAGE TO THE EXTRACELLULAR MATRIX OF MUSCLE AND JOINT CELLS¹



Reduced strength



Pain



Reduced performance



Longer recovery time



Joint damage

Athletes of all levels are increasingly looking for proven nutritional solutions that support recovery and help keep up with demanding training schedules, making sports recovery a hot topic.

Recovery is becoming a key sports nutrition driver



Between 2016-2019, sports recovery grew at a CAGR of

5,7%

PEPTAN® IS THE ONLY COLLAGEN IN THE MARKET OFFERING PROVEN BENEFITS FOR SPORTS RECOVERY.

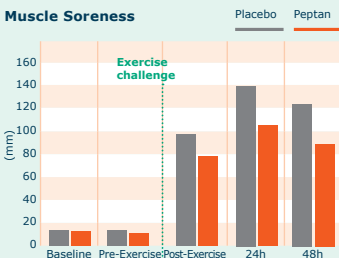
A PIONEERING CLINICAL STUDY³ DEMONSTRATED THAT PEPTAN COLLAGEN PEPTIDES:



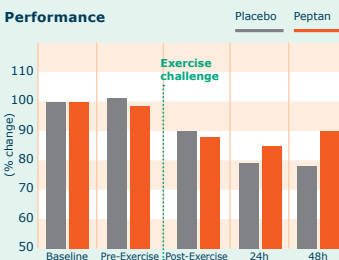
Reduce muscle soreness and improve performance

Muscle soreness was recorded on a VAS scale for pain. 24 hours and 48 hours after high intensity exercise, muscle soreness was lower in the Peptan group.

Muscle Soreness



Performance



Clifford, T, et al., 2019.

AND ADDED BENEFITS SUCH AS



Protein supplementation

A pure protein, Peptan increases protein levels in any application



Joint support⁴

Peptan improves joint function and reduces discomfort

Read about the wider benefits of Rousselot®'s Health and Nutrition range on the back

Rousselot
Health & Nutrition

DARLING
INGREDIENTS

ROUSSELOT'S HEALTH AND NUTRITION RANGE FOR SPORTS NUTRITION



Peptan

Collagen peptides for a healthy lifestyle

TYPE I COLLAGEN PEPTIDES

- One ingredient, multiple benefits
- Proven sports recovery solution
- Supports overall mobility



Peptan IIm

Bringing joint health a step closer

HYDROLYZED COLLAGEN
TYPE II MATRIX

- Triple joint health benefits⁵ of the full matrix of hydrolyzed collagen and GAGs
- Low daily dosage



ProTake

The perfect solution for protein enrichment and application versatility

HYDROLYZED COLLAGEN

- 90% protein, dry weight basis
- Suitable for a wide range of functional food applications

BENEFITS



Premium quality



Highly digestible and bioavailable



From natural source



Clean label



Contains no WADA prohibited substance



Available without allergens



Fits within keto diet

APPLICATIONS



Power drinks



RTD Beverages



Tablets & capsules



Bars



Dairy

References




¹ Sofat, N. 2009. Analysing the role of endogenous matrix molecules in the development of osteoarthritis. International Journal of Experimental Pathology, 90(5), 463-479.

² Euromonitor: The evolution of Sports Nutrition: A 2019 Update on Trends and Innovations.

³ Clifford, T, et al., 2019. The effects of collagen peptides on muscle damage, inflammation and bone turnover following exercise: a randomized, controlled trial. Amino Acids 51(4):691-704,

⁴ Dar, Q. et al., 2017. Daily oral consumption of hydrolyzed type 1 collagen is chondroprotective and anti-inflammatory in murine posttraumatic osteoarthritis. PLoS ONE 12(4):e0174705

⁵ Soniwala, S. et al., 2018, Oral Hydrolyzed Type 2 Collagen Protects Against the OA of Obesity and Mitigates Obese Gut Microbiome Dysbiosis. Poster presentation at ORS 2018 and OARSI 2018

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DARLING
INGREDIENTS