

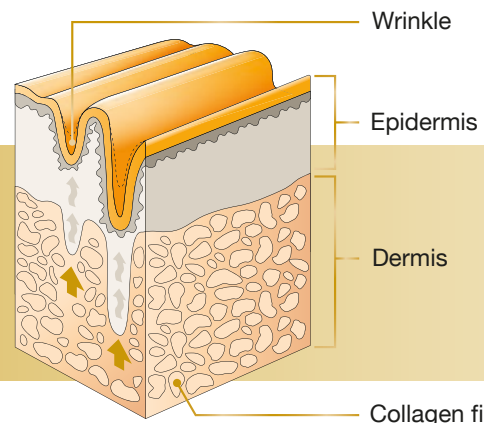
## WHY IS COLLAGEN IMPORTANT FOR OUR SKIN?

Collagen is a major component of the human body. About 30% of our total body protein is collagen.

Collagen is the **major structural component** of skin, comprising about 80% of its dry weight. Skin's properties are known to be affected by endogenous and environmental factors including aging, ultraviolet radiation, hormones and nutrition.

## HOW DO VERISOL® SPECIFIC COLLAGEN PEPTIDES HELP?

Taken orally, **VERISOL®** (collagen of Colnatur) has a systemic effect on collagen metabolism in the dermis rather than just reaching the outer skin layers like creams and other topical products.



The specific peptides of **VERISOL®** (collagen of Colnatur) are recognized by the fibroblast cells in the dermal layer of the skin as collagen fragments like those resulting from catabolic activities. Therefore they are stimulated to increase their collagen metabolism to counterbalance the apparent collagen breakdown in the dermis.

The result is a considerably **higher production of dermal collagen and overall extracellular matrix**, replacing what is lost through aging and environmental influences.

Consumers who ingest **VERISOL® Bioactive Collagen Peptides®** (collagen of Colnatur) **specially optimized for a beautifying action** will notice firmer and smoother skin.

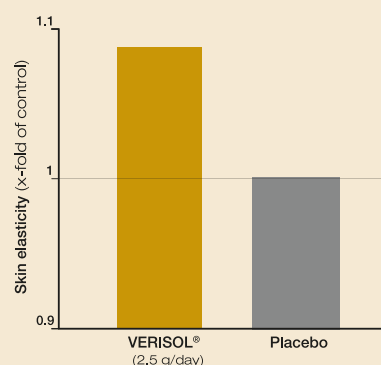
**VERISOL®** (collagen of Colnatur) also has positive effects on **skin surface structure, while reducing cellulite and promoting faster nail growth**. Users also report less nail chipping.

## VERISOL® (collagen of Colnatur) SPECIFIC PEPTIDES CONTRIBUTE TO:

### Greater skin elasticity<sup>1</sup>

The first study with 69 women aged between 35 and 55 years found that **VERISOL®** (collagen of Colnatur) leads to significantly higher skin elasticity - up to 15% - compared to placebo treatment. This effect could be measured after just 4 weeks of treatment and persisted after 8 weeks of oral **VERISOL®** (collagen of Colnatur) administration. A further 4 weeks after the last intake of the product, **VERISOL®** (collagen of Colnatur) application still showed higher skin elasticity levels than in the placebo treated group.

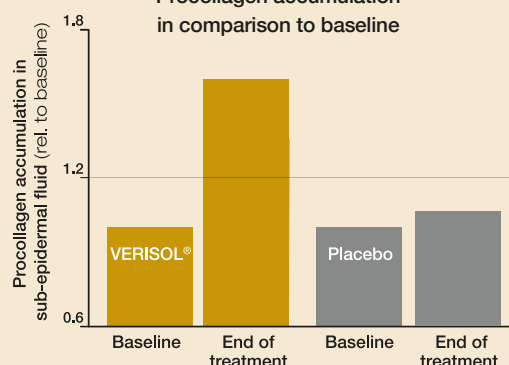
Skin elasticity increased significantly after oral **VERISOL®** (collagen of Colnatur) treatment in comparison to placebo administration



### Wrinkle reduction<sup>2</sup>

The second study with more than 100 women aged between 45 and 65 years shows that the oral administration of **VERISOL®** (collagen of Colnatur) (2.5g/day) significantly reduces wrinkles after 4 weeks and leads to a significantly higher skin procollagen concentration.

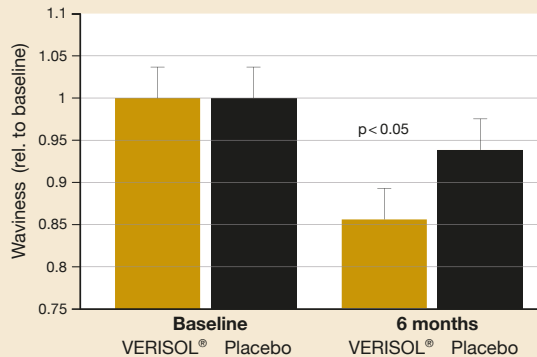
### VERISOL® (collagen of Colnatur) Procollagen accumulation in comparison to baseline



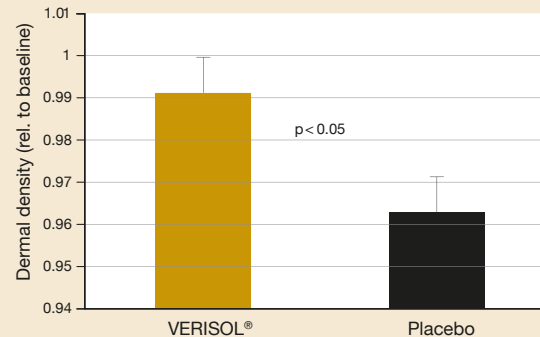
### IMPROVED SKIN SURFACE STRUCTURE AND REDUCTION IN CELLULITE<sup>3</sup>

**VERISOL®** (collagen of Colnatur) supplementation has beneficial effects on the dermal extracellular matrix of the skin and can help to decrease cellulite. Unlike current cellulite supplements that mainly address aspects such as excess fat or poor microcirculation, **VERISOL®** (collagen of Colnatur) directly stimulates extracellular matrix formation in skin.

#### Significant decrease of waviness



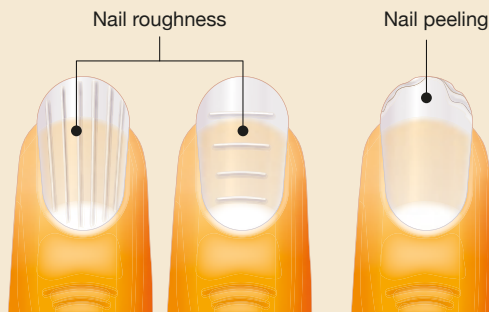
#### Significantly higher dermal density after 6 months



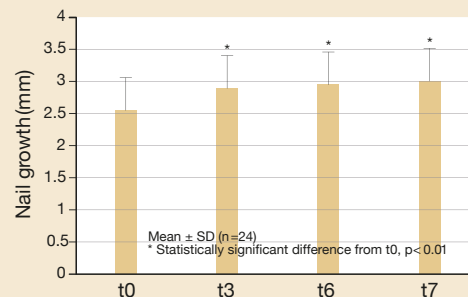
### PROMOTING NAIL HEALTH AND GROWTH<sup>4</sup>

A recent study demonstrated the various positive effects of **VERISOL®** (collagen of colnatur). The study shows a decrease of cracked and/or chipped nails after 2 months of treatment, reaching a decrease of 42% after 6 months. Nail growth is increased compared with the control group. **VERISOL®** (collagen of colnatur) led to a statistically significant improvement in nail growth after 3 months of treatment.

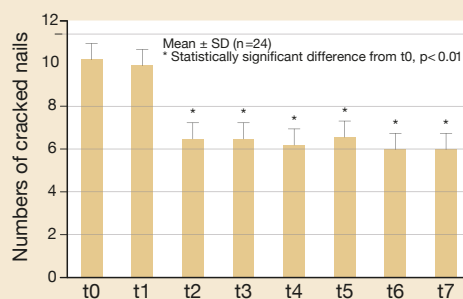
#### Nail damage



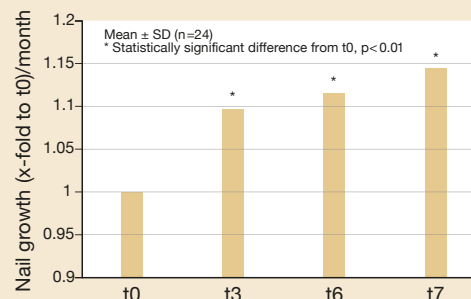
#### Nail growth speed (mm/month)



#### Frequency of cracked nails/nail resistance



#### Nail growth speed (x-fold of control)



### REFERENCES

1. Oral Supplementation of Specific Collagen Peptides Has Beneficial Effects on Human Skin Physiology: A Double-Blind, Placebo-Controlled Study Proksch E., Segger D., Degwert J., Schunck M., Zague V., Oesser S. Skin Pharmacol Physiology, August 2013.
2. Oral Intake of Specific Bioactive Collagen Peptides Reduces Skin Wrinkles and Increases Dermal Matrix Synthesis. Proksch E., Schunck M., Zague V., Segger D., Degwert J., Oesser S. Skin Pharmacol Physiology, December 2013.
3. JOURNAL OF MEDICINAL FOOD, J Med Food 00 (0) 2015, 1-9, DOI: 10.1089/jmf.2015.0022, Dietary Supplementation with Specific Collagen Peptides Has a Body Mass Index-Dependent Beneficial Effect on Cellulite Morphology. Michael Schunck, 1 Vivian Zague, 2 Steffen Oesser, 1 Ehrhardt Proksch, 3.
4. Hexsel D, Zague V, Schunck M, et al. Oral supplementation with specific bioactive collagen peptides improves nail growth and reduces symptoms of brittle nails. J Cosmet Dermatol. 2017; 16(4):520-526.