




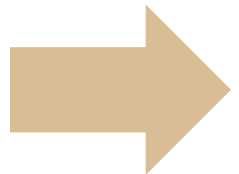


# What Collagen Supplement Right For You

**Collagen** is the most abundant protein in your body, accounting for about 30% of your total protein content! At Haskill Creek, we have every type of Collagen for your needs:









<u>Key Focus</u>	<u>Product</u>	<u>Why You Might Choose</u>
Skin, Hair & Nails	 Thorne Collagen Plus (Type I & III)	If you want added skin support from ceramides and red/black currant extract as well as cellular support from nicotinamide riboside.
	 Truvani Collagen Peptides (Type I & III)	If you prefer a clean, single-ingredient collagen with no extras. (USDA Organic)
Athletic Performance, Joint Health & Mobility	 Thorne Collagen Fit (Type I & III)	If you want added cellular energy from nicotinamide riboside and methylation support from Betaine
	 Momentous Collagen Peptides (Type I, II & III)	If you want added Vit. C and added tendon and ligament support through their patented FORTIGEL® peptide,
General Health & Wellness	 Ancient Nutrition Multi Collagen (Type I, II, III, IV & V)	Multi source (Bovine, chicken, fish, eggshell membrane) with all 5 collagen types for overall wellbeing

**Collagen-Boosting Support:** When stress, aging, or recovery demand more, flip over to see supplements that can help your body better absorb, build, and benefit from collagen—on their own or alongside the products above.



*Disclaimer: For educational purposes only. Not intended to diagnose, treat, cure, or prevent any disease. Summaries are based on our understanding of the formulations and information from brand websites. As always, consult your healthcare provider to see if these products are right for you.*

# Collagen Boosting Support Supplements

<u>Product</u>	<u>Why Add It</u>	<u>Best As</u>
 <b>Thorne Lysine</b>	Builds and stabilizes collagen; key for tissue repair and bone strength.	<b>Add-on</b> – ideal with collagen for skin, bones, and healing support.
 <b>Thorne Copper Bisglycinate</b>	Essential for collagen cross-linking, elastin formation, and healthy pigmentation.	<b>Add-on</b> – especially useful if you're taking high zinc, which can deplete copper.
 <b>Thorne Zinc (Picolinate/Bisglycinate)</b>	Helps maintain connective tissue, skin repair, and immune health.	<b>Add-on</b> – boosts collagen structure and overall wellness. Try Bisglycinate for sensitive stomachs
 <b>Thorne Vit. C with Flavonoids</b>	Supports collagen synthesis and protects it from free radical damage	<b>Both</b> – essential pairing with any collagen; also great alone for skin & immunity.
 <b>Moon Juice Super Beauty</b>	Antioxidants to support collagen production, elasticity, and cell protection from aging.	<b>Both</b> – pairs well with collagen or stands alone for beauty-from-within support.
 <b>Cymbiotika Vitamin C</b>	Liposomal formula enhances absorption to support collagen production, immune defense, and antioxidant protection.	<b>Both</b> – pairs well with collagen or taken solo for immune and skin benefits.
 <b>Cymbiotika Healthy Glow</b>	Includes plant-based ceramides, biotin, astaxanthin, and silica to improve skin hydration, elasticity, and barrier function.	<b>Standalone</b> – a powerful skin support supplement on its own, especially for dryness and visible aging.
 <b>Moon Juice Collagen Protect</b>	Vegan formula with hyaluronic acid and mushrooms to hydrate and support skin elasticity.	<b>Standalone</b> – great for plant-based users or those focused on hydration.

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