



100% HOT & COLD SOLUBLE

(**FREE FROM**
gluten . dairy . sugar)

unflavoured collagen peptides

Non-GMO

Ossa®



certified
grass fed
collagen

18.2^{gr}
PROTEIN
PER SERVING*

72.8
CALORIES
PER SERVING*

400g e

*Based on a
20g serving



SKIN,
HAIR &
NAILS



JOINT &
WORKOUT
RECOVERY



PALEO
& KETO
DIETS



PROMOTES
GUT
HEALTH

Paleo
& Keto

Halal & Kosher
Certified



Restorative food supplements



How to use



MIX

Simply stir into your morning coffee or tea for an instant protein boost. Or for the ultimate morning pick-me-up, mix with 250ml of water and add ginger, lemon and turmeric for a fresh and revitalising collagen tonic.



BLEND

Our certified grass-fed collagen is neutral in flavour - perfect for your favourite smoothie. Blend with organic fruit or add to your sprouted oats for a nutritious breakfast or the perfect post-workout drink.



COOK

Enhance your everyday dishes for the whole family. Collagen is unaffected by heat and 100% soluble, perfect to add to sweet potato mash, stews, noodles and pasta or try our collagen paleo pancakes recipe.

Ingredients

100% pure bovine collagen peptides.

This is a natural protein product, obtained by enzymatic hydrolysis of collagen-rich material from certified grass-fed beef. Our collagen peptides are free from chemical additives or preservatives and laboratory tested to be free from microbes, allergens, heavy metals and toxins.

This is a natural food supplement designed to be included in a varied and balanced diet. Please consult your GP / medical practitioner if breastfeeding or pregnant

Store in a cool, dry place and out of reach of children.



RECOMMENDED SERVING 2 heaped tablespoons (20g) per day dissolved in 250ml of water or more.

Collagen is the most abundant protein in the human body - accounting for over 30% of the body's total protein. It acts as a 'glue' for our connective tissue and is present in our skin, bones, cartilage, tendons, ligaments and blood vessels. Our collagen powder is an ingestible beauty supplement that is known to promote elasticity of the skin. It's a powerhouse natural supplement for use in your everyday routine.

Amino Acids

*Essential amino acid

Typical weight % on ds protein		Total 100%	
Alanine	8.4%	Leucine*	2.6%
Arginine	7.7%	Lysine*	3.3%
Aspartic Acid	4.5%	Methionine*	0.9%
Cysteine	0.0%	Phenylalanine	1.6%
Glumatic Acid	10.0%	Proline	13.7%
Glycine	23.3%	Serine	3.4%
Histidine*	0.9%	Threonine*	1.9%
Hydroxylysine	1.5%	Tryptophane	0.0%
Hydroxyproline	12.3%	Tyrosine	0.6%
Isoleucine*	1.2%	Valine*	2.2%

Amount per 20g serving

Energy	72.8 kcal 309.4 kJ
Total Fat	0g
Total Carbohydrate	0g
Sugars	0g
Protein	18.2g
Fibre	0g
Calcium	>40mg
Sodium	>60mg
Potassium	>1.6mg
Magnesium	>1.2mg
Phosphorus	>24mg

Packed in the UK for Ossa Organic, Durham, DH8 6SZ



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ossaorganic.com