

SOLUBLE IN HOT / GELS IN COLD



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

unflavoured bovine gelatine

Non-GMO

Ossa®

pasture
raised
gelatine

17^{grams}

PROTEIN
PER SERVING*

71.4

CALORIES
PER SERVING*

**ESSENTIAL
AMINO
ACIDS**

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

		
DRINK	COOK	GEL
Blend into hot bullet-proof coffee for an easy keto breakfast. Rich in amino acids that support a good night's sleep, try adding gelatine to a hot blended cocoa drink or natural jelly before bed time.	Our pasture raised gelatine can be used to thicken everyday dishes. It also adds a richness to soups, stews and gravy. Simply mix in while cooking for a protein boost for the whole family.	Gelatine sets when cool, making it the perfect nutritious base for homemade sugar free desserts. Try making our delicious paleo coconut custard, gut healthy gummies and vitamin jellies.



RECOMMENDED SERVING 1-3 tablespoons (20g) per day dissolved in 250ml of water or more.

Gelatine is a powerhouse protein molecule derived from collagen and is a functional addition to your daily beauty or post-workout routine. Ancestrally, gelatine has always been a prominent part of our diet and is rich in essential amino acids. Gelatine is easily digestible and perfect for inclusion in both keto and paleo diets, with its high protein and low calorie nutritional profile. It can be used in sweet and savoury recipes - dissolving in warm water and taking on a jelly-like texture when cool.

Amino Acids

Total amino acid g/100g		Total 99.95g	
Alanine	8.72g	Lysine	4.56g
Arginine	8.78g	Methionine	0.67g
Asparagine	>0.01g	Ornithine	>0.03g
Aspartic Acid	5.39g	Phenylalanine	3.1g
Citrulline	0.51g	Proline	12.27g
Cystine	>0.03g	Sarcosine	>0.01g
Glutamic Acid	10.53g	Serine	3.49g
Glycine	22.58g	Theronine	1.97g
Histidine	1.1g	Tryptophan	0.85g
Hydroxyproline	9.18g	Tyrosine	0.54g
Isoleucine	1.44g	Valine	1.72g
Leucine	2.67g		

Visit our online shop for more clean cooking ideas and information to share, discover & learn...

Ingredients

100% pure bovine gelatine.

This is a natural protein product, obtained by hot water extraction from collagen-rich material of pasture-raised beef. Our gelatine is 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.

Supplement facts

Amount per 20g serving	
Energy	71.4 kcal 298.4 kJ
Total Fat	<0.02g
Total Carbohydrate	0g
Sugars	0g
Protein	≥17g
Fibre	0g

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



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Have you tried Ossa's



ossaorganic.com