

Genacol[®]

Professional Collagen Formula

Exclusive bio-active collagen matrix to support cartilage, promote joint health and maintain joint flexibility and mobility.



AminoLock[®]
Sequence Technology

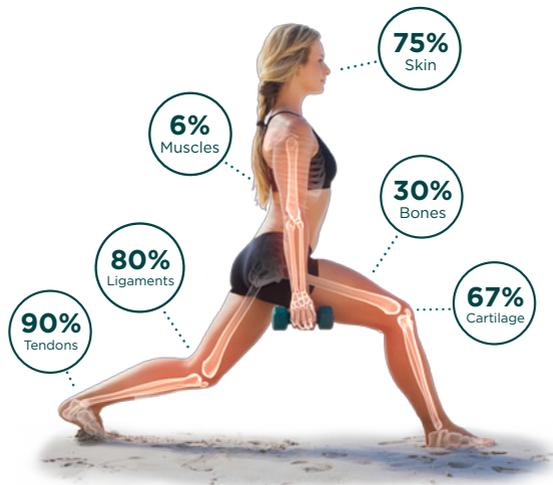
genacol.sg

Collagen, the glue of the body!



Collagen is a hard, insoluble, and fibrous protein that makes up **one-third of the protein in the human body**. It constitutes most of the body's structural support.

COLLAGEN DISTRIBUTION IN THE BODY (by weight ratio of dry mass)



Collagen is part of the natural composition of skin, tendons, bones, cartilage and connective tissues. It gives different organs and tissues their strength and elastic properties. In other words, **collagen holds our body together and acts as the “glue of the body”**.

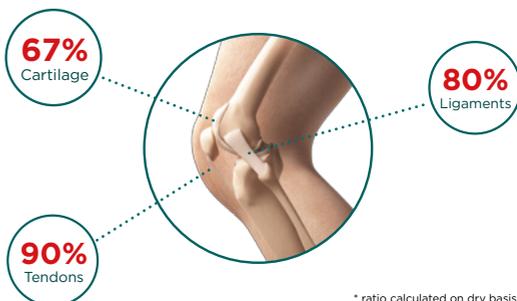
Effects of Collagen Decrease

The body's production of collagen slows with aging. Weakness, fatigue, aches, pain, and an overall lack of energy are frequent symptoms of the body's essential supply of collagen reduction; **symptoms that increase as we age**.

Things we have always done, like running or jumping, suddenly seem more painful. Injuries that have never proven serious before begin to hurt and joint pain becomes more problematic. With continued aging, our connective and muscle tissues break down due to a rise in collagen deficiency and damage. As a result, our skeletal structure weakens and we start to feel the pain of aging.

The Role of Collagen in Cartilage and Ligaments

PERCENTAGE OF COLLAGEN IN JOINT STRUCTURE



* ratio calculated on dry basis

What is Cartilage?

Cartilage is a firm rubbery material that covers the extremities of bones in normal joints. Its primary function is to reduce joint friction and serve as a shock absorber for the bones.



Collagen is a key component of cartilage (67%), providing it with its strength. When the body's collagen production is reduced, cartilage production is affected and so are all the body's systems that contain cartilage.

The lack of cartilage causes slower healing, protects less against the friction between bones, which can cause pain and limits joint mobility

What are Ligaments?

Ligaments are short strands of fibrous **conjunctive tissue rich in collagen (almost 80%),** forming an extremely solid structure with multiple functions.

Certain ligaments are responsible for joint mobility, avoiding false moves. This protects the integrity of joints when there is a sprain, and protects from dislocations when there is a forced movement.

As collagen decreases with time, our ligaments lose resistance, elasticity and flexibility, which can cause a frequent sensation of stiffness in our joints.

The most vulnerable joints in ligament injuries and common sprains are the ankles, knees and wrists; which are generally caused by the stretching or tearing of one or more joint ligaments.



Genacol® offers a safe solution for supporting cartilage, promoting joint health and maintaining joint flexibility and mobility.

Genacol® is a unique collagen matrix that stimulates the production of collagen in the body : **AminoLock® Collagen**. Genacol® produces incredible results in the human body when used regularly.

AminoLock® Collagen is manufactured using Genacol®'s proprietary manufacturing process : **AminoLock® Sequence Technology**.

This unique patent-pending technology focuses on the amino acids that are the building blocks of collagen, minimises collagen's molecular weight to less than 1 kilodalton; **the smallest collagen peptide in the world** to maximize absorption by the body.

Genacol®'s **AminoLock® Collagen** offers superior bioavailability and proven efficacy for joint health, and is backed by 3 scientific studies.



PRINCIPAL TYPES OF COLLAGEN

Genacol® is a collagen matrix that helps stimulate the production of the principal types of collagen which make up 99% of all collagen found in the body. It is present in the body in the following ways :

TYPE I	Bones, tendons, ligaments and skin;
TYPE II	Cartilage and structure of the eyes;
TYPE III	Liver, lungs and arteries;
TYPE IV	Kidneys & other internal organs;
TYPE V	Cells surfaces, hair and placenta.

Genacol®

FAQs

What is the difference between collagen and glucosamine?

Some 67 % of cartilage is made up of collagen as opposed to only 1 % of glucosamine. Glucosamine acts like a lubricant in the joints while collagen contributes to the global regeneration of the joints at all levels: tendons, ligaments, cartilage, muscles, membranes and the synovial liquid.

What is the ideal dosage?

How long must I take Genacol®?

Take 3 to 4 capsules once a day at bedtime. For severe condition, take 3 capsules half an hour before breakfast and 3 capsules at bedtime. Ideally, drink 1.5 litres of water daily. In cases of degenerative diseases, in order to maintain the beneficial effects and avoid recurring pain and discomfort, it is suggested that **Genacol®** be taken on a permanent basis.

Can I take Genacol® if I am diabetic?

People with diabetes can benefit fully from **Genacol®** as it will not affect your blood glucose level.

Why should I take Genacol® at bedtime?

In the Alpha phase, which takes place during the first 90 minutes of sleep, the body searches for the nutrients necessary to repair itself. The amino acids in **Genacol®** are used by the body at this precise time in an optimal manner. If you cannot take the capsules at night, take them in the morning, half an hour before breakfast.

What's the difference between Genacol® and other products such as those containing Type II collagen?

Genacol® contains **AminoLock® Collagen**, an exclusive collagen matrix. This unique chains of amino acids will help by acting as building blocks to regenerate every type of collagen in the body resulting in a far more complete product than the ones using only Type II collagen.

Are there any health conditions for which it is not recommended to take Genacol®?

Collagen products are generally recognized as safe. However, if you are pregnant or breastfeeding, we recommend that you get a medical opinion.

