

FAQs | **Genacol**[®] Advanced

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.

Why should I take Genacol Advanced 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 Advanced** 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.

Can I take Genacol Advanced if I am diabetic?

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

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

Genacol Advanced contains **AminoLock[®] Collagen**, an exclusive collagen matrix created by a proprietary manufacturing process called **AminoLock[®] Sequence Technology**. 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.

What is the ideal dosage? How long must I take Genacol Advanced?

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 Advanced** be taken on a permanent basis.

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

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

Genacol[®] Advanced

Enhanced Professional Collagen Formula

Exclusive bio-active collagen matrix
to maintain healthy joints



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

Developed by **Genacol[®]**'s Research & Development Division, this patent-pending technology focuses on the amino acids that are the building blocks of collagen. Following improved enzymatic hydrolysis, we obtain collagen with the lowest molecular weight in the world - less than 1 kilodalton.

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

ConsumerLab.com, an independent organization evaluating nutritional products in USA has recognized **Genacol[®]**'s clinical studies as "ONE OF THE LARGEST STUDIES WITH COLLAGEN HYDROLYSATE" - (Bruyere, Comp Ther Med 2012).



AminoLock[®]
Sequence Technology

Collagen: The Glue of Life

Collagen, a natural protein, is the primary substance of the connective tissue that holds our body together. It gives organs and tissues their strength and elasticity and makes up 25% of the dry protein weight in the human body. About 75% of our skin is made of it and overall, some 30% of our entire body is collagen.

It is part of the natural makeup of our tendons, ligaments, joints, muscles, hair, skin, and vital organs. When the body's essential supply of collagen is reduced, the body is affected. Weakness, fatigue, aches, pain, and an overall lack of energy are frequent symptoms of the problem -symptoms that increase as we age.

The Role of Collagen in Cartilage and Ligaments

The body's production of collagen slows with aging. 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.

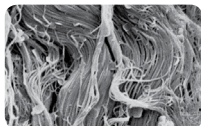
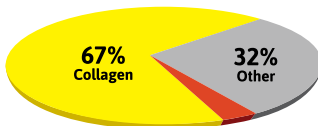
CARTILAGE

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.

THE % OF COLLAGEN IN CARTILAGE



Normal collagen fibers

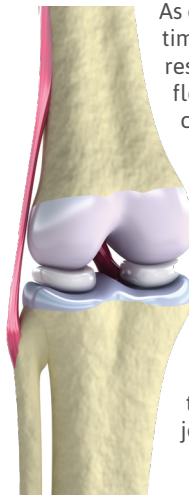


Arthritic collagen fibers

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® Advanced is an innovative and natural product made to offer a safe solution for supporting cartilage, promoting joint health and maintaining joint flexibility and mobility.

Genacol® Advanced is a **unique collagen matrix** that stimulates the production of many different kinds of collagen in the body. The collagen matrix, formulated from pure collagen, produces incredible results in the human body when used regularly.

Genacol® Advanced is enhanced with L-Lysine.

L-LYSINE

Genacol® Advanced contains the amino acid L-lysine. Lysine is the precursor of hydroxy-lysine, which plays a crucial role in the physical structure of collagen. Providing an additional complement of L-lysine promotes the biosynthesis of high quality native collagen in the body, notably in the cartilage of joints.



PRINCIPAL TYPES OF COLLAGEN

Genacol® Advanced is a collagen matrix that can help 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.