

# get back from injury faster with® tendoforte collagen

When it comes to time off the field, soft tissue injuries are one of the biggest issues for athletes. We spend a lot of time thinking about recovery for muscles, but what about the recovery and development of the connective tissues which transfer the force developed by the muscles?

While prevention is better than cure, if you are injured, could supplements help speed up the process? In short, yes. And one of the most exciting supplements in the recovery realm is Tendoforte collagen and exclusive to Body Science in Australia.

## Fast Facts

- Not all collagen supplements are equal. TENDOFORTE® collagen has been clinically proven to enhance the repair of injured tissues in combination with rehabilitation exercises.
- TENDOFORTE® has been the supplement of choice for a number of ground breaking research studies involving collagen supplementation for injury repair.
- TENDOFORTE® contains bioactive peptides which have been specifically isolated for repair of Type II collagen-based tissues such as tendons and ligaments
- TENDOFORTE® has been formulated to optimise stimulation of collagen biosynthesis accelerating tissue repair.
- The BSc Regenerate is the only collagen supplement to use TENDOFORTE® collagen peptides in Australia
- BSc Regenerate includes 50mg of vitamin C to enhance collagen synthesis when time is critical.



## How does TENDOFORTE® work?

Ligaments and tendons are two types connective tissue that hold our body together and facilitates movement. These tissues are predominantly made up from collagen which is a type of protein. Collagen is one of the most abundant protein in the body and while we can generate and regenerate these connective tissues, as we age (beyond 25 years) and with overuse, rates of renewal slow down or can be impaired. This is when supplementation can help not only heal existing injuries but contribute to slowing of the aging process.

Collagen tissue is made up of lots of tightly packed and twisted collagen strands and unlike muscle tissue, does not have a blood supply through which to easily supply nutrients for repair. This is one of the reasons supplementation beyond what is consumed in a regular diet can help. Supplementing with TENDOFORTE® collagen provides more of the specific building blocks for repair and can also stimulate the regeneration pathways for connective tissues. When taken in combination with prescribed loading movements which involve the injured tissue, the extra collagen is able to be absorbed more readily like a sponge bathed in water, at the site of injury enhancing repair.



# TENDOFORTE® has been clinically tested- not all collagen can guarantee these results

Research to date has been really promising regarding supplementation with collagen, and more specifically, collagen supplementation for tendon injuries. But it is important to point out that not all collagen supplements are created equally. Because collagen has received so much positive press in recent years, it has been added to many 'health' products, however very commonly these doses are not significant enough for accelerating injury recovery or promoting optimal tissue regeneration.

When injury prevention and recovery rate are the focus, it is paramount to use a collagen supplement which is specific to the tissue and provides in a therapeutic dose. There are over 16 types of collagen proteins varieties found in the body, so it is not only important to supplement with the relevant type for your specific goal, but also to make sure you are taking a clinical dose of a high-quality collagen such as TENDOFORTE®.



## TENDOFORTE®

For Maximum Tension



### Dose and timing for TENDOFORTE®

Research using TENDOFORTE® has shown that doses of between 5-15g timed around loading exercises or specific rehabilitation programs promote enhanced repair.

- **Low dose for prevention and repair:** 5g daily
- **High dose for injury:** 10-15g across the rehabilitation period

So, if you are an athlete looking for get back from injury faster, or anyone looking to manage wear and tear from daily exercise, supplementation with TENDOFORTE® collagen just might be the game changer you have been looking for.