VALENS®

PREMIUM
COLLAGEN
Complex

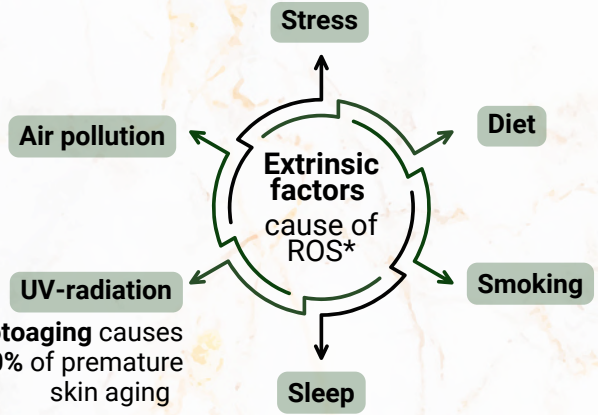
Exclusive and clinically tested formula
For beautiful skin, hair and nails

Human skin [1,2,3,4]

The skin, our largest organ, is a complex structure designed to protect us from various external factors. It consists of three main layers, each with their own unique functions and structures:

- Epidermis - the outermost layer of the skin. It provides the **first barrier** of protection, **including oxidant assault,** keeps the body hydrated and produces new skin cells.
- Dermis - a thicker layer beneath epidermis, providing **strength, structure and firmness** to the skin. Its main structural element is protein **collagen,** a key constituent of all connective tissues.
- Hypodermis (subcutis) - **Insulates and cushions** the body.

Skin aging is the gradual decline in structural integrity across all three skin layers, driven by internal and external factors.



Photoaging causes **80%** of premature skin aging

*Reactive oxidative species (oxidation of the cells and the body).

Signs of aging [5]

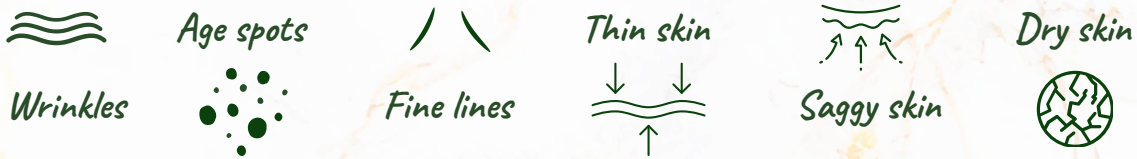
The skin's structure and function gradually weaken:

- Between ages 30 and 80, the **epidermis** thins by nearly **50%** at an average rate of **6.4% per decade.** Thinning is generally more pronounced in women and in areas most exposed to environmental stress.
- In the **dermis, the number and activity of skin cells (fibroblasts) that produce collagen decreases.** During **menopause**, this process accelerates significantly, with dermal thickness declining by approximately **1.13%** and collagen levels decreasing by about **2% annually.**
- The skin's **natural antioxidant** defense system, including **coenzyme Q10,** declines with age, which results in damaged cellular structures.
- Skin barrier becomes compromised, leading to **dry skin, prone to irritation and sensitivity.**
- Decrease in number and activity of melanocytes leads to **uneven pigmentation.**

50%
Thinner epidermis (age 30-80)

6.4%
Average rate of epidermis thinning per decade

2%
Annual decrease in collagen levels in menopause



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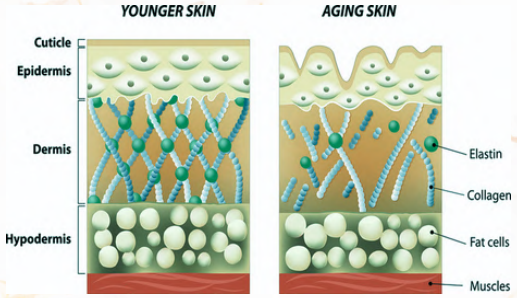
Collagen [6]

Collagen is the most abundant protein in the human body (**30% of all proteins).** It is a crucial structural protein for all connective tissues. It comprises up to **75% of human skin**, ensuring **elasticity and structural integrity, firmness and smoothness**. Changes in collagen matrix and decline in collagen synthesis result in **visible signs of aging.**

Changes in collagen matrix in aging skin.



Supplementing collagen provides important support for skin structure. Unlike native collagen, which is found in food from animal sources and has a large molecule mass, **collagen peptides*** are **highly digestible and bioavailable.**

*Peptides are building blocks of collagen. They are produced with hydrolysis of collagen which cuts the large molecule into smaller pieces, making them move bioactive and bioavailable.

- There are **27 sorts** of collagen, formed from **42 polypeptide chains** in unique combinations.
- **Type I** is the most abundant (**90%**) in the human body.
- **Types III, IV, V, VII,** and **XII** are also found in the skin

Coenzyme Q10 [7]

Coenzyme Q10 (CoQ10) is a fat-soluble, vitamin-like compound, naturally synthesized in the human body. It is found in every cell, with highest levels in organs with high energy requirements, such as **heart, liver and kidneys**. Roles:

It is involved in processes which produce more than 95% of energy.

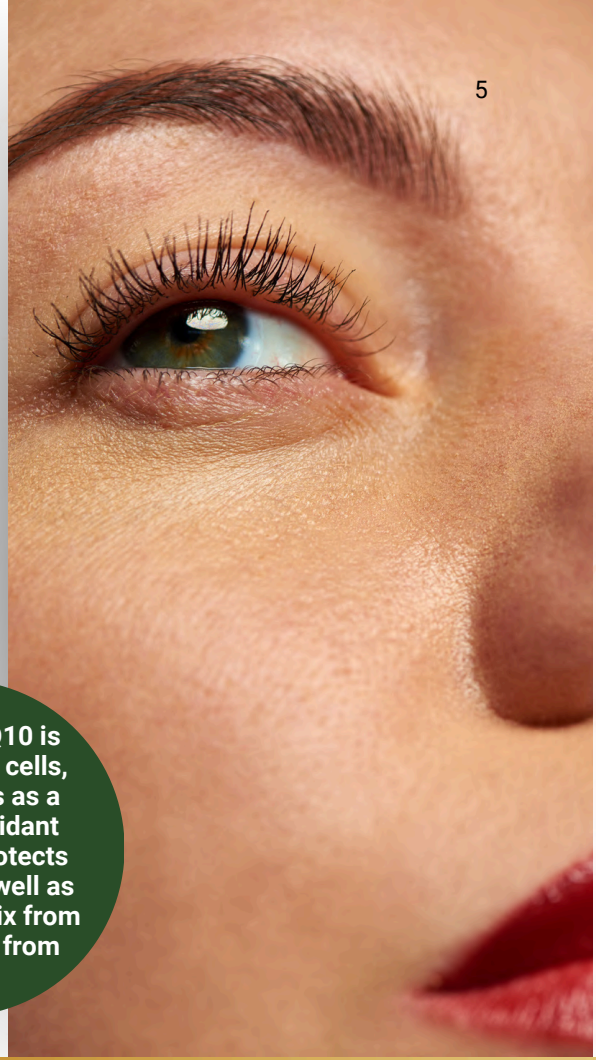
Necessary for converting „food into energy“.

Involved in electron transport chain.

Fights free radicals that damage our cells and regenerates other antioxidants vitamin E.

CoQ10 production drops sharply after age 25, with factors like smoking and stress further reducing levels. Low CoQ10 is linked to **aging, fatigue, and health issues**. Although present in some foods, dietary intake doesn't compensate for these declines.

Coenzyme Q10 is found in skin cells, where it acts as a barrier to oxidant assault. It protects skin cells as well as collagen matrix from degradation from ROS.



PEPTAN® Q10 VITAL® CLINICALLY PROVEN

Beauty from within

Radiant skin on the outside requires a **healthy foundation on the inside.** Growing consumer awareness, **aging population** and a trend toward non-invasive beauty solutions, is driving the nutricosmetics market worldwide.

In response to this growing demand, we developed **Valens Collagen Premium** — a high-quality, clinically proven **collagen complex** that delivers effective, market-validated results.

Peptan® | 5000 mg
Hydrolyzed fish collagen

Q10Vital® | 50 mg
Active and water-soluble CoQ10

Vitamins & minerals
C, A, biotin, zinc, selenium

Valens Collagen Premium

Exclusive and clinically tested formula for skin, hair and nails

Valens Premium Collagen is a unique complex in liquid form, designed to promote **healthy skin, nails, and hair.** Its ground-breaking clinical study submitted evidence of **synergistic results of collagen and CoQ10**, suggesting their combined effect on the skin is greater than when ingested individually. The product feature excellent **natural flavors,** natural sweetener **xylitol,** has **no (added) sugar** and is available in three variations:

Clinically proven results

19% less wrinkles

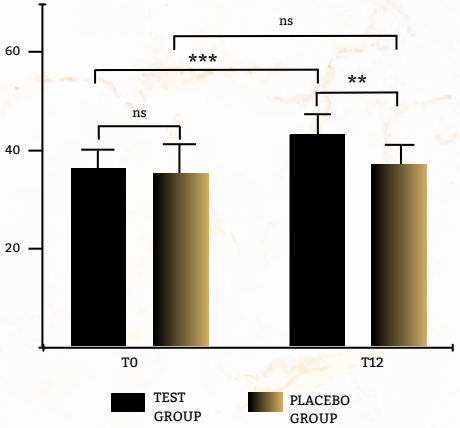
Higher dermis density

Smoother and firmer skin

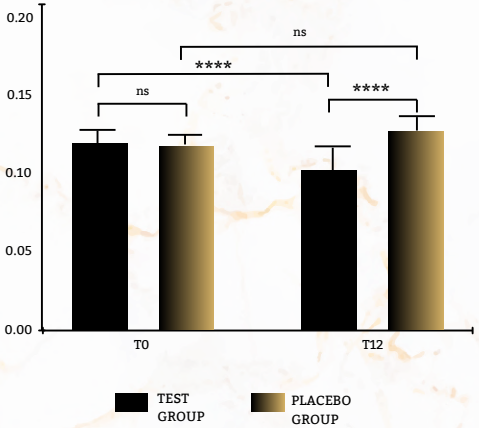
Synergistic effect of Collagen and CoQ10

Results of a clinical study[8]

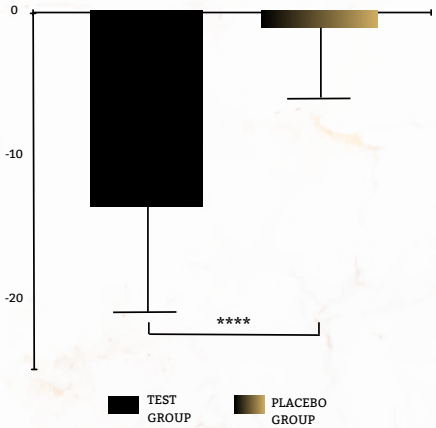
A ground-breaking clinical study proved beneficial synergistic effects of CoQ10 and collagen complex supplementation on human skin.



Increased dermis density after 12 weeks of supplementation.
Dermal density is mostly related to the amount of collagen (and elastin), yet these results are almost double when compared to one of the previous studies with a higher dose of collagen (10 mg/day) and no CoQ10, indicating synergistic effects between CoQ10 and collagen peptides.



Decreased periorbital wrinkle area
After 12 weeks of supplementation, the evaluated wrinkle area (around the eyes) fraction was significantly lower in the test group.



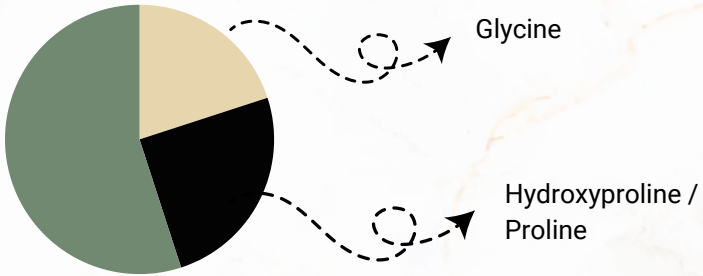
Relative change of total wrinkle score
With expert assessment of wrinkles of different types in different face areas the total wrinkle score was calculated. In the test group, total wrinkle score was significantly lower after 12 weeks of supplementation.

Peptan®

Hydrolyzed fish collagen peptides - type I

A top-quality ingredient among the world's leading collagen peptides, this **pure fish** collagen is derived from full **enzymatic hydrolysis.** Clinically and scientifically validated, it is especially effective for **skin beauty.**

- Several clinical studies, investigating effects of regular supplementation **(4-10 g)**
- High protein content - **97%**
- Low molecular mass, enabling good absorption - **2000 Da**
- **18 key** amino acids, with a particularly high concentration of **glycine and hydroxyproline**



Clinically proven results [9.10]

9%
improvement in skin collagen density

31%
decrease in skin collagen fragmentation

28%
higher skin hydration level

26%
decreased number of micro-relief furrows

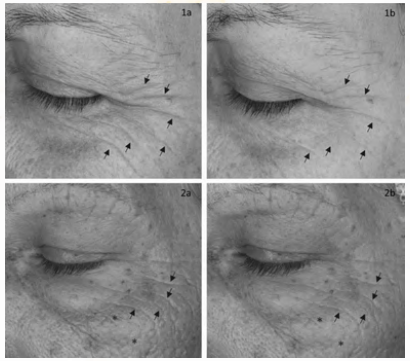
19%
improvement in skin smoothness

Q10Vital®

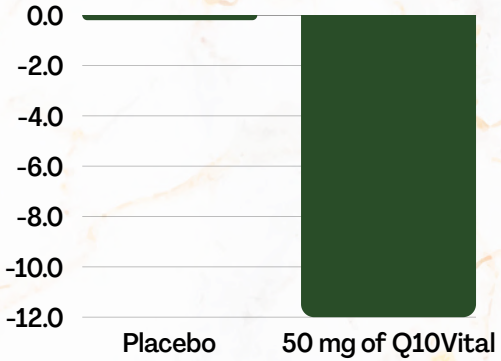
Active form of CoQ10 with superior bioavailability

Q10Vital® is a **highly active water-soluble form of CoQ10**, engineered for enhanced bioavailability. It is one of the most researched CoQ10 forms, backed by **four clinical studies:**

- 3 bioequivalence studies deomonstrating superior bioavailability - **4-times better**
- **1 beauty study** showing effects on skin beauty [7]:



Photos: Periorbital area of two subjects before (a) and after (b) supplementation. Arrows = wrinkles that visibly improved, * = the area of improvement of smoothness and microrelief lines. 1 = low dose (50 mg), 2 = high dose (150 mg)



Regular daily supplementation with 50 mg of Q10Vital® resulted in significantly decreased periorbital wrinkle area.

Q10VITAL®

Clinically proven results

Reduction of wrinkles

Improvement in microrelief

Improvement in skin evenness and firmness.

Zinc deficiency directly results in various skin issues, as it hampers the skin's ability to heal and renew.

Zinc [11]

Critical role in skin health

Zinc is essential for overall health, particularly for the **skin,** where it is concentrated in the **epidermis.** It supports key biological functions like immune response, protein synthesis, and cell division, all vital for **maintaining healthy skin.**

Zinc supplementation promotes skin health by encouraging **cellular turnover, reducing inflammation, and supporting natural healing processes.** Its **antioxidant properties** also shield the skin from environmental stressors like UV radiation and pollution, helping to prevent oxidative damage.

EFSA claims:

- Contributes to **normal protein synthesis.**
- Contributes to the **maintenance of normal hair.**
- Contributes to the **maintenance of normal nails.**
- Contributes to the **maintenance of normal skin.**
- Contributes to the **protection of cells from oxidative stress.**

Other ingredients

Vitamin C

It has **a crucial role in collagen production** and formation of a **strong collagen matrix.** Without it, collagen synthesis is impaired, leading to weaker skin and other tissues. Vitamin C is also an **antioxidant,** protecting collagen from oxidative damage.

EFSA claims:

- Contributes to **normal collagen formation** for the normal function of the skin.
- Contributes to the **protection of cells** from oxidative stress.
- Contributes to **regeneration** of the reduced form of **vitamin E.**

Vitamin A

Vitamin A is essential for maintaining healthy skin. It plays a key role in cell turnover, promoting the **production of new skin cells.**

EFSA claim:

- Contributes to the **maintenance of normal skin.**

Biotin

It strengthens the skin's structure and supports overall **cellular function.** It aids in the synthesis of **keratin,** a protein essential for healthy skin, hair, and nails.

EFSA claims:

- Contributes to the **maintenance of normal hair.**
- Contributes to the **maintenance of normal skin.**

Selenium

It helps protect the skin from **oxidative damage,** supports the function of enzymes and helps in the regeneration of skin cells.

EFSA claims:

- Contributes to the **maintenance of normal hair.**
- Contributes to the **maintenance of normal skin.**
- Contributes to the **maintenance of normal nails.**

300 ml
For 20 days
1
PET

Advantages at a glance

- **Clinically proven efficacy** and anti-aging effect
- Rich formula with **leading collagen brand (Peptan®)** and **world's best CoQ10 (Q10Vital®)**
- Selected **vitamins and minerals**
- **Excellent taste** - available in 3 variations for all tastes and preferences: **piña colada, sour cherry and choco-raspberry**
- No artificial sweeteners, sweetened with **xylitol**
- **No (added) sugar**
- Packed in **recycled plastic**, no added plastic dosing spoon

GMP CERTIFIED

MADE IN EU

IFS CERTIFIED

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