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Fontainavie Collabeauty Q10 Expert *- Information Guide*



FONTAINAVIE
HEALTH & BEAUTY

NUTRICODE

Fontainavie Collabeauty

Q10 Expert

- Information Guide for FM World UK

Business Partners

Welcome to the Fontainavie Collabeauty Q10 Expert Information Guide. This guide is designed to provide you with a comprehensive understanding of our premium collagen supplement, highlighting its unique blend of marine collagen, Coenzyme Q10, essential vitamins, and minerals. Unlike many products on the market, Collabeauty Q10 Expert prioritises scientific research and natural ingredients over marketing fads.

Our goal is to equip you with the knowledge needed to appreciate the benefits of our product, ensuring you make informed decisions for your health and beauty.

Key Facts about Collabeauty Q10 Expert

- **Marine Collagen:** Contains 100% marine collagen derived from Atlantic cod, known for its high bioavailability and absorption.
- **Unique Formula:** Combines collagen with Coenzyme Q10, a powerful antioxidant not commonly found in similar products.
- **Essential Vitamins and Minerals:** Enriched with vitamin C, vitamin A, zinc, and copper to promote overall health and beauty.
- **Natural Sweeteners:** Uses stevia, a natural calorie-free sweetener, and dried orange juice for flavour.
- **No Artificial Additives:** Free from sugar, artificial sweeteners, flavours, food colouring, and anti-caking agents.
- **Convenient Packaging:** Comes with a measuring cup for easy use, providing 30 servings per 150g package.
- **High Purity and Quality:** Maintains skin moisture, stimulates collagen and hyaluronic acid production, and provides excellent anti-aging properties.

Ingredients and Their Descriptions

- **Marine Collagen (from Atlantic Cod):** High bioavailability and absorption, promotes skin elasticity, hydration, and firmness.
- **Coenzyme Q10:** Antioxidant, energises cells, reduces sun damage, evens skin tone, and stimulates collagen production.
- **Vitamin C:** Antioxidant, supports collagen synthesis, combats environmental stressors, and reduces inflammation.
- **Vitamin A:** Antioxidant, promotes new skin cell production, strengthens skin barrier, and provides sun protection.
- **Zinc:** Supports wound healing, cell growth, immune function, and hair and nail health.
- **Copper:** Aids in collagen synthesis, maintains skin pigmentation, and promotes hyaluronic acid production.
- **Dried Orange Juice:** Natural source of nutrients and flavour.
- **Stevia:** Natural sweetener, calorie-free.

Benefits

1. Skin:

- **Enhances Hydration and Elasticity:** Marine collagen, the star ingredient of Collabeauty Q10 Expert, deeply hydrates your skin, improving its elasticity and firmness.
- **Reduces Fine Lines and Wrinkles:** The high bioavailability of marine collagen ensures that it is absorbed efficiently, reducing the appearance of fine lines and wrinkles.
- **Improves Overall Skin Health:** The synergistic blend of vitamins and minerals works together to promote a healthy skin barrier, protect against environmental damage, and support skin renewal. Your skin will glow with vitality and resilience.

2. Hair and Nails:

- **Strengthens and Promotes Growth:** Collagen is a building block for strong hair and nails. Regular use of Collabeauty Q10 Expert can lead to thicker, shinier hair and nails that are less prone to breakage.

3. Antioxidant Protection:

- **Combats Free Radicals and Environmental Damage:** Coenzyme Q10, Vitamin C, and Vitamin A are powerful antioxidants that protect your skin from harmful free radicals and UV damage. These antioxidants help to neutralise environmental stressors, keeping your skin looking fresh and youthful.

4. Joint and Muscle Support:

- **Improves Health and Recovery:** Type I collagen, while primarily known for its beauty benefits, also plays a crucial role in supporting joint and muscle health. It provides the necessary building blocks for maintaining strong connective tissues, reducing joint pain, and aiding muscle recovery.

5. Immune Function:

- **Supports Overall Health and Resilience:** Zinc and Copper are essential for a robust immune system. These minerals support the synthesis of immune cells and help your body fend off infections. With Collabeauty Q10 Expert, you're not just enhancing your beauty; you're also fortifying your body's natural defences.

Imagine starting your day with a refreshing dose of Collabeauty Q10 Expert. As you sip on your collagen-infused drink, you're not only nourishing your skin but also boosting your overall health.

Best For

- **Beauty Enthusiasts:** Enhances skin hydration, elasticity, and reduces fine lines and wrinkles for a youthful, radiant complexion.
- **Hair and Nail Care Seekers:** Promotes stronger, healthier hair and nails, addressing brittleness and thinning.
- **Health-Conscious Individuals:** Prefers natural supplements free from artificial additives, sugar, and gluten.
- **Fitness Enthusiasts and Athletes:** Supports joint health and muscle recovery, enhancing flexibility and reducing pain.
- **Anti-Aging Seekers:** Combats signs of aging with collagen and Coenzyme Q10, improving skin firmness and reducing wrinkles.
- **Busy Lifestyles:** Easy and convenient supplementation that fits seamlessly into any routine.
- **Individuals with Dietary Restrictions:** Gluten and lactose-free, suitable for those with gluten intolerance, celiac disease, or lactose sensitivity.

Contraindications

- Not suitable for children, pregnant, or lactating women.
- Do not use if allergic to any of the ingredients.

Active ingredients, content per 1 dose (5g)

- Collagen from Atlantic cod: 2500 mg
- Coenzyme Q10: 10 mg
- Vitamin C: 80 mg (100%)*
- Vitamin A: 800 µg (100%)*
- Zinc: 1.5 mg (15%)*
- Copper: 0.15 mg (15%)*

*NRV - Nutrient Reference Value for an average adult (8400 kJ/2000 kcal)

Full List of Ingredients

Collagen hydrolysate from Atlantic cod, dried fruit juice from orange fruit, vitamin C (L-ascorbic acid), sweetener: stevia (steviol glycosides), coenzyme Q10 (ubiquinone), zinc (zinc citrate), vitamin A (retinyl acetate), copper (copper gluconate).

Directions

Dissolve 5 g (1 scoop) of product in 100 to 150 ml of water. Best consumed in the evening. Do not exceed the recommended daily dose. Consume within 60 days of opening. Use a dry, clean measuring cup to avoid clumping.

Additional information

- Food supplements should not replace a balanced diet and healthy lifestyle.
- For adult use only.
- Store in a tightly closed container, in a dry place away from direct sunlight, at 18-25°C, and out of reach of children. Protect from moisture.

Prospecting Questions for Potential Customers

Are you looking for a natural supplement to enhance your skin, hair, and nail health?

Explanation: This question identifies if the customer is interested in improving their beauty regimen with natural products, highlighting the primary benefits of Collabeauty Q10 Expert.

Have you tried other collagen products before, and were you satisfied with the results?

Explanation: This question assesses the customer's previous experience with similar products, allowing you to tailor the conversation to address any dissatisfaction or unmet needs with Collabeauty Q10 Expert's unique benefits.

Prospecting Questions for Potential Customers

Are you concerned about consuming artificial additives or sugar in your supplements?

Explanation: This question helps to emphasize Collabeauty Q10 Expert's clean ingredient list, free from artificial additives and sugar, appealing to health-conscious consumers.

Do you experience issues with joint health, skin elasticity, or signs of aging?

Explanation: This question targets specific problems that Collabeauty Q10 Expert can help address, making the conversation more relevant and solution-focused for the potential customer.

Would you prefer a collagen supplement that includes additional antioxidants and vitamins for overall wellbeing?

Explanation: This question highlights the comprehensive nutrient profile of Collabeauty Q10 Expert, showcasing its added value over basic collagen supplements and appealing to customers looking for an all-in-one solution.

Knowledge Helper

Types of Collagen:

1. Type I Collagen:

- **Location:** Found in skin, tendons, ligaments, bones, and teeth.
- **Function:** Provides structure, strength, and elasticity. It is the most abundant collagen type in the human body.
- **Benefits:** Minimises fine lines and wrinkles, improves skin elasticity and hydration, strengthens hair and nails, and supports muscle recovery.

2. Type II Collagen:

- **Location:** Found primarily in cartilage.
- **Function:** Provides support and flexibility to joints and maintains cartilage health.
- **Benefits:** Improves joint health, supports spinal disks, and aids in eye health.

3. Type III Collagen:

- **Location:** Found in the intestines, muscles, and blood vessels.
- **Function:** Supports the structure of muscles, organs, and arteries.
- **Benefits:** Enhances gut health, improves skin elasticity and hydration, and supports the cardiovascular system.

Collabeauty Q10 Expert Collagen Type

Collabeauty Q10 Expert: Contains Type I Collagen derived from Atlantic cod. Type I collagen is known for its high bioavailability and absorption, making it highly effective for enhancing skin, hair, and nail health. It provides structure, strength, and elasticity, ensuring comprehensive support for your beauty and wellness needs.

Mechanism of Action

Collagen Synthesis:

- Collagen is synthesised by fibroblasts in the dermis layer of the skin and by other cells in different tissues. The process involves several steps, including the transcription of collagen genes into mRNA, translation into precursor proteins, and post-translational modifications such as hydroxylation and glycosylation.

Collagen Absorption and Bioavailability:

- When ingested, collagen peptides are broken down into smaller amino acids and peptides in the digestive tract. These smaller units are then absorbed into the bloodstream and distributed throughout the body.
- Marine collagen, due to its smaller particle size, has higher bioavailability and is absorbed more efficiently than other types of collagen.

Collagen Integration:

- Once absorbed, collagen peptides reach the target tissues, where they stimulate fibroblast activity. This leads to increased production of new collagen fibers, which integrate into the existing extracellular matrix, enhancing tissue structure and function.

Skin Health:

- In the skin, collagen peptides help to replenish the declining collagen levels caused by aging. This results in improved skin elasticity, hydration, and a reduction in the appearance of fine lines and wrinkles.
- Collagen also stimulates the production of hyaluronic acid, which retains moisture and further enhances skin hydration and plumpness.

Collagen plays a crucial role in maintaining the structural integrity of various tissues, including tendons, ligaments, bones, and blood vessels. It ensures these tissues remain strong, flexible, and capable of withstanding physical stress.

By understanding the different types of collagen and their mechanisms of action, you can better appreciate the comprehensive benefits offered by Collabeauty Q10 Expert, which leverages the high bioavailability of marine Type I collagen to support skin, joint, gut, and overall health.

Distinguishing Features of Collabeauty Q10 Expert

1. High Bioavailability of Marine Collagen:

- Derived from Atlantic cod, marine collagen in Collabeauty Q10 Expert has superior absorption compared to bovine or porcine collagens, ensuring maximum efficacy.

2. Unique Combination with Coenzyme Q10

- Unlike other collagen supplements, Collabeauty Q10 Expert includes Coenzyme Q10, which energises cells, reduces sun damage, and supports collagen production.

3. No Sugar or Artificial Sweeteners:

- Free from sugar and artificial sweeteners, it uses stevia for sweetness, making it a healthier option for those avoiding sugar and carbs.

4. Comprehensive Nutrient Profile:

- Enriched with vitamins C and A, zinc, and copper, it supports not only skin, hair, and nail health but also overall wellbeing.

5. Natural Ingredients:

- Contains natural dried orange juice and stevia, avoiding artificial flavours and additives found in many other products.

6. Gluten and Lactose-Free:

- Suitable for individuals with gluten intolerance or lactose sensitivity, ensuring it does not interfere with physiological functions.

Useful links

YouTube recorded training: <https://www.youtube.com/watch?v=ZOa2TWIK6t4&list=PL-eIF-l38eK6RjpG7Sis6xyiBzQPLQpp6m>

The Best Detox Smoothie Recipes

-Healthy & Delicious

Add a scoop (Sg) of the product to 150ml of your favourite smoothie, mix it and enjoy!



GREEN KIWI & SPINACH SMOOTHIE

- 1 KIWI
- 1/2 BANANA
- 10 GOOSEBERRIES
- 1 HANDFUL OF SPINACH
- 1 tbsp OF CHIA SEEDS



BEETROOT & WILD BERRIES SMOOTHIE

- 1 HANDFUL OF STRAWBERRIES
- 1 HANDFUL OF RASPBERRIES
- 1 HANDFUL OF BLUEBERRIES
- 1/2 BEETROOT
- 1 tbsp OF CHIA SEEDS



EXOTIC MANGO & WATERMELON SMOOTHIE

- 1 PIECE OF WATERMELON
- 1/2 MANGO
- 1 LIME
- 1 CELERY STICK
- 1 tbsp OF HEMP SEEDS



PINEAPPLE & BERRY SMOOTHIE

- 1 HANDFUL OF BLUEBERRIES
- 1 HANDFUL OF BLACKBERRIES
- 1 SLICE OF PINEAPPLE
- 1 HANDFUL OF KALE
- 1 tbsp OF CHIA SEEDS



REFRESHING STRAWBERRY & MINT SMOOTHIE

- 1 HANDFUL OF STRAWBERRIES
- 1 HANDFUL OF BLUEBERRIES
- 1/2 BANANA
- 1 HANDFUL OF MINT LEAVES
- 1 tbsp OF FLAX SEEDS



BLUEBERRY & NECTARINE SMOOTHIE

- 1 HANDFUL OF BLUEBERRIES
- 1 NECTARINE
- 1/2 AVOCADO
- 1 CELERY STICK
- 1 tbsp OF FLAX SEEDS



MANGO & TURMERIC SMOOTHIE

- 1/2 MANGO
- 1/2 ORANGE
- 1 APPLE
- 1 CARROT
- 1 tsp OF TURMERIC
- 1 tbsp OF ALMOND FLAKES



PINEAPPLE, KIWI & COCONUT SHREDS SMOOTHIE

- 1 KIWI
- 1 SLICE OF PINEAPPLE
- 1 LEMON
- 1 HANDFUL OF KALE
- 1 tbsp OF COCONUT SHREDS



GREEN APPLE & CELERY SMOOTHIE

- 1 GREEN APPLE
- 1/2 BANANA
- 1 RHUBARB STALK
- 1 CELERY STICK
- 1 tbsp OF CHIA SEEDS