From: **AUREA** ecommerce@clubaurea.com
Subject: [TEST] WTF is Collagen — and How Do You Choose a Good One?
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AUREA

Collagen is the most abundant protein in your body. It keeps your skin firm, joints smooth, hair strong, and tissues held together. Think of it as your body's natural scaffolding.

That's not all: According to the American Academy of Dermatology, women lose **30%** of their skin's collagen in the first five years after menopause.

And lifestyle can make things worse. Collagen loss speeds up with:

☀️ Too much sun
😴 Not enough sleep
🚬 Smoking
🍷 Alcohol
🍦 Poor Nutrition





So, should you take collagen?

Yes.
But not just any collagen.

Here's how to avoid wasting your time (and money):

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1. Look for hydrolyzed collagen / collagen peptides:

✔️ Absorption matters. These forms are broken

down into smaller bits your body can digest and use effectively.

2. Choose your source wisely:

✔️ Bovine collagen should come from grass-fed, pasture-raised cows. Corn-fed or conventionally raised cattle often yield lower-quality peptides and may carry more inflammatory byproducts.

✔️ Marine collagen is best from wild-caught, cold-water fish, naturally rich in amino acids. But because it's delicate, processing matters—poorly handled marine collagen loses potency fast.

3. No fluff:

✔️ Skip the fake flavors, sweeteners, or weird additives. Good collagen doesn't need gimmicks.

What the Science Says:
In a 12-week clinical study on women:

- Skin hydration ↑ 28%
- Wrinkle depth ↓ 27%
- Skin got smoother, denser, and more elastic
- Results lasted even after they stopped taking it

👉 See

See The Study



Collagen *does* work — if you choose the right kind. That's exactly why we created ours the way we did:

Clean, bioavailable marine peptides from hydrolyzed collagen. No junk. Backed by science. More on that soon 👀

science. More on that soon. 👀

But for now, if you've got questions, hit reply. We'll point you to the good stuff.

Learn More

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