
Composition / Action

Marine Collagen - is characterized by its high content of amino acids such as glycine and proline, which are essential for tissue reconstruction, production of new cells and overall health of the body. Due to its exceptional moisturizing properties, this acid is an effective tool in the fight against the signs of aging. Collagen from marine fish has very good bioavailability, so it is easily absorbed by the body and thus able to effectively act on various tissues and organs.

Biotin - is easily absorbed by the body and acts as a protein building block. Regular intake of biotin supplements strengthens nails, prevents nail breakage and hair loss, and helps solve skin problems such as acne and dryness. Biotin also supports skin regeneration, accelerates wound healing and reduces the appearance of scars.

VITAMIN C, E

Vitamin C - acts as a powerful antioxidant. It can also help fight signs of aging such as wrinkles and loss of elasticity. Vitamin C also reduces hyperpigmentation and improves skin tone.

Vitamin E - supports hair regeneration processes, accelerates hair growth and provides a healthy appearance. It also helps improve blood circulation, which improves scalp oxygenation and hair nutrition.

Zinc - as an essential mineral, contributes to the maintenance of healthy skin, promotes wound healing and collagen production. It can counteract acne and improve the overall appearance of the skin. It is also important for healthy hair and nails.

Zinc is involved in the synthesis of many hormones, including insulin, which helps regulate blood sugar levels. It also plays a role in brain function and can help improve memory and concentration.

This recommendation may be adjusted on the advice of your physician.

Food supplements should not be used as a substitute for a varied and balanced diet or a healthy lifestyle.

INCI

Xylitol, pectin, erythritol, natural watermelon flavor, natural colorant.