

STAY FLEXIBLE AND AGILE WITH PEPTAN[®]

Keeping connective tissue healthy, Peptan collagen peptides provide sport enthusiasts with the building blocks to move freely and efficiently, while also helping to prevent injuries.



For sportspeople, optimal nutrition is key to achieving an ideal physique, to recovering from training sessions, to boosting performance and staying mobile and injury-free



Core users¹
 • Elite athletes
 • Bodybuilders

Fitness lifestyle users¹

• Health and wellness enthusiasts



Casual users¹

• Mainstream consumers
 • Weight management and fitness

WHY PEPTAN COLLAGEN PEPTIDES FOR SPORTS NUTRITION?

Unique amino acid composition

Peptan contains high concentrations of hydroxyproline, proline and arginine offering specific health benefits



Bioactive & easily digestible

Over 90% of collagen peptides are digested and quickly absorbed after oral ingestion – ready to deliver their benefits²



Clean label natural and safe

Peptan is a natural, clean label protein ingredient, free of additives and preservatives



WHAT ARE THE BENEFITS?

Collagen peptides are bioactive proteins that **support connective tissues, limit joint discomfort and can prevent injury^{3,4,5}**, by stimulating local cells to produce more collagen fibers and tissue matrix. Latest science also demonstrated Peptan's **anti-inflammatory effects⁶**.

Collagen peptides also

- ✓ can provide protein energy source⁷
- ✓ help regenerate muscle⁸
- ✓ support weight management⁹



PEPTAN'S FUNCTIONAL PROPERTIES:

- ✓ neutral in taste and odor
- ✓ low viscosity
- ✓ excellent solubility
- ✓ heat-resistant and stable
- ✓ easily blendable
- ✓ transparent in solution

PEPTAN, A SPORTS NUTRITIONAL SOLUTION



dairy



powder drinks



beverages



tablets & capsules



nutritional bars

BENEFIT FROM OUR (CO-) INNOVATION, COMMITMENT & WORLD-CLASS EXPERTISE

With Peptan, you will have a reliable, closely connected partner



Our global leadership in collagen peptides, combined with our worldwide presence and customer-centric culture, enables us to be a closely connected, reliable partner to you as a manufacturer. We can help you with virtually any product requirement or innovation you have in mind.

References

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- ⁴ Wienicke, E., 2011, In: *Performance Explosion in Sports – an anti-doping concept*. Meyer&Meyer Fachverlag und Buchhandel GmbH, ISBN-10:1841263303
- ⁵ Shaw, G. et al., 2016, Vitamin C-enriched gelatin supplementation before intermittent activity augments collagen synthesis. *American Journal of Clinical Nutrition*, doi:10.3945/ajcn.116.138594
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- ⁸ Cermak, N.M. et al., 2012, Protein supplementation augments the adaptive response of skeletal muscle to resistance type exercise training: a meta-analysis. *American Journal of Clinical Nutrition*, 96(6):1454-1464. doi:10.3945/ajcn.112.037556
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For further references and more information on the science behind Peptan, please visit Peptan.com

Rousselot Headquarters

Rousselot B.V. Kanaaldijk Noord 20
5691 NM Son The Netherlands +31 (0) 499 364 100
peptan@rousselot.com

 PeptanbyRousselot
 @Peptan_Global
 Collagen Peptides

peptan.com

Peptan[®]

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 DARING
INGREDIENTS