

PATIENT INFORMATION LEAFLET

Collagen Pro X

Read all of this leaflet carefully because it contains important information for you. This food supplement is available without a prescription. However, you still need to take Collagen Pro X tablet carefully to get the best results from them.

-Keep this leaflet. You may need to read it again.

-Ask your pharmacist if you need more information or advice.

-if you notice any side effects, please tell your doctor, dietician or pharmacist.

The information in this leaflet has been divided into the following sections:

1. What Collagen Pro X tablet are and what they are taken for
2. Check before you take Collagen Pro X tablet
3. How to take Collagen Pro X tablet
4. Possible side effects
5. How to store Collagen Pro X tablet
6. Further information

1. What Collagen Pro X tablet are and what they are taken for

Collagen Pro X tablets are a Collagen, vitamin and mineral supplement. They contain a combination of Collagen, Grape seed extract, vitamin C and Zinc.

Collagen is responsible for the appearance of smooth, supple healthy skin, giving the skin a beautiful glowing and radiating look. It also fights the signs of ageing such as thinning, wrinkly and saggy skin. The collagen is broken down to small chains of amino acids making it easily absorbed into the blood stream and distributed to the skin and the other structures. These small chains of amino acids which are the building block go on to help the body to form new collagen structures by stimulating the production of new collagen, elastin and hyaluronic acid which in turn help to retain the moisture in the skin.

Vitamin C has a vital role in maintaining healthy skin, as it is essential for collagen production.

Flavonoids are purely extracted from grape seeds. they have great benefits for the skin as they support and protect collagen, giving firmness and glow to the skin.

Zinc is a very important mineral and is responsible for the maintenance of beautiful and healthy appearance of the hair and nails as well as the skin.

2. Check before you take Collagen Pro X tablet

Do not take Collagen Pro X tablet:

if you are allergic (hypersensitive) to any of the ingredients of Collagen Pro-X

Before you are given Collagen Pro X tablet tell your doctor, dietician or pharmacist if:

You are pregnant or thinking of becoming pregnant

If any of the above applies to you, or if you are not sure, speak to your doctor or pharmacist before taking

Taking other medicines

Please tell your pharmacist or doctor if you are taking or have recently taken/used any other medicines including other vitamin or mineral products medicines obtained without a prescription.

Pregnancy and breast-feeding

Safety in pregnancy and breastfeeding has not been established. However, collagen is a natural constituent of an omniverous diet.

3. How to take Collagen Pro X tablet

Adults and Elderly: six tablets per day or as directed by your healthcare professional. The tablets can be swallowed or crushed with a glass of water. Collagen Pro-X best taken on an empty stomach, twice a day. Three tablet in the morning and three tablet at night. Collagen Pro-X can be mixed with fruit shake.

What to do if you take more Collagen Pro-x tablet than you should

If you (or someone else) accidentally take too many tablets, you should tell your doctor at once or contact the nearest accident and emergency.

If you forget to take Collagen Pro-x tablet

Do not worry. If you forget to take a dose, take it as soon as possible, unless it is almost time to take the next dose (within 1-2 hours). Do not take a double dose. Then go on as before.

4. Possible side effects

Collagen Pro-X is a food supplement and no side effect is reported with it use.

Reporting of side effects

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via the Yellow Card Scheme at: www.mhra.gov.uk/yellowcard. By reporting side effects you can help provide more information on the safety of this medicine.

5. How to store Collagen Pro-X tablet

Keep out of the reach and sight of children.

Do not take Collagen Pro-X tablet after the expiry date which is stated on the carton. The expiry date refers to the last day of that month after EXP.

Store at room temperature. Keep the blister in the outer carton in order to protect from light.

Food supplements should not be disposed of via wastewater or household waste. Ask your pharmacist on how to dispose of medicines no longer required. These measures will help protect the environment.

6. Further information

As the human body reaches its 20's the inevitable process of aging begins, and so collagen starts to decline. Environmental factors such as smoking and stress further contribute to the increased signs of aging. As a result the clear visible effects on the skin, hair and nails manifest.

Collagen Pro-X supplements can be safely consumed by male and female adults of all ages to get a head start on the decline of collagen and preserve their glowing and radiating beauty.

Collagen supplements can be taken daily to supplement but not replace a healthy balanced diet.