



Greenbusch Pharmacy – Compounding and Retail

25757 Westheimer Parkway Suite 150, Katy, Texas 77494

Tel: 832-437-1130, Fax: 832-201-0839. Email: gbrxinfo@greenbuschrx.com. www.greenbuschrx.com

Opened: Mon – Fri: 9:00 AM to 6:00 PM. Closed: Sat & Sun

DO YOU KNOW?

- That **Collagen** is the protein that keeps your skin, hair and nails and makes up a full 70 percent of your skin's protein? Collagen in the body is made up of amino acids (Glycine, Proline, Hydroxyproline and Hydroxylysine which wrap together to make a triple-helix structure)
- That **Collagen** is the cellular glue that helps “glue” together all the connective tissue in your body? ((A connective tissue is a material made up of fibers forming a framework and support structure for body tissues and organs. Connective tissue surrounds many organs. Cartilage and bone are specialized forms of connective tissue.)¹
- That **Collagen** provides the structure for your bones, muscles, tendons, joint cartilage, blood vessels, and organs, including your entire digestive system?
- That **Collagen** is important for:
 - Fighting signs of aging like wrinkles
 - Improving joint health
 - Healing Leaky Gut Syndrome
 - Boosting metabolism
 - Improving mental health
 - Reducing the appearance of cellulite
 - Strengthening hair and nails
- That **Collagen** production decreases as we age? The good news is we can build the production by eating Collagen rich food or taking supplements
- That **Collagen** are high in
 - Bone Broth/Gelatin made from bones, skin, and tougher cuts of meat that have a lot of connective tissue, including tendons and ligaments
 - Egg whites are very rich in the amino acids glycine and proline, which are the main components of collagen
 - Spirulina a good source of copper which is one of the minerals important for forming collagen

 - Cod, as well as other types of white fish, are loaded with glycine and proline

 - While citrus fruits like grapefruits and lemons don't contain glycine or proline, they do contain high amounts of vitamin C needed by our body to produce collagen
 - Sulfurous vegetables such as: Garlic, Onions, Broccoli, Cabbage, Brussels sprouts

- **Ceramide** found in sweet potatoes, wheat and rice. The best available form is found in rice

Featuring at Greenbusch Pharmacy COLLASKIN ADVANCED Professional Grade will provide your body the collagen you need without the calories

