

BLOOM

by YOUNG LIVING

COLLAGEN COMPLETE®



Frequently Asked Questions

GENERAL

Q. What is collagen?

Making up almost 30 percent of proteins in the human body, collagen is the key structural protein that ensures cohesion, elasticity, and strength of skin, tendons, ligaments, cartilage and bones.

Q. What happens to levels of collagen in the body as we age?

Due to a variety of factors, levels of collagen in the human body begin to naturally deplete from 25 years of age onwards, leading to an appearance of aged skin.

Q. What's the difference between hydrolyzed collagen and collagen peptides?

A. Collagen peptide is also known as hydrolyzed collagen. This is formed when full length collagen is broken down into collagen peptides through the process of hydrolysis. Collagen peptides are smaller than collagen and are therefore better absorbed into the bloodstream after digestion. It is better accepted and assimilated by the body compared to collagen that requires further breakdown in the body before it is accepted and absorbed.

Q. How does Peptan Hydrolyzed Peptide act on the skin?

Reduced hydration of the skin is responsible for a loss of elasticity and the development of wrinkles. Peptan has been shown to improve the moisture levels of the skin. Peptan supports the intrinsic collagen network of deeper skin layers, by increasing its density as well as improving the structure of the fibres.

Q. How much of collagen is needed in a day?

Suggested intake of functional collagen peptides is in the range of 2,500 mg to 15,000 mg daily.

Q. How much of collagen is there in BLOOM by Young Living Collagen Complete? Why?

Collagen Complete contains 10,000 mg of Peptan Hydrolyzed Collagen which provides enough collagen distribution in our body for skin, bones, tendons and joint cartilage.

Q. How do we ensure the collagen that we consume is well absorbed by our body?

Peptan Hydrolyzed Collagen has a small molecular size of 2000da which allows for good absorption and assimilation in our body. We have selected hydrolyzed collagen peptides for BLOOM by Young Living Collagen Complete as this collagen has been further broken down and is smaller in size compared to many other collagen drinks.

Side note: Peptan Hydrolyzed Collagen's molecular size is bigger than a tripeptide. It will be sliced into smaller molecules (tripeptides, dipeptides) in our digestive system for absorption.

Q. What does BLOOM by Young Living Collagen Complete taste like?

BLOOM by Young Living Collagen Complete is a pleasantly sweet drink with a mild citrusy flavour. The consistency of BLOOM by Young Living Collagen Complete is slightly thick yet smooth to drink.

We have conducted a blind taste test among 20 people to justify their preferences between 5 different brands of 10,000 mg collagen drinks. BLOOM by Young Living Collagen Complete was rated as the Top 2 preferred taste and texture depending on individual preference between citrus flavour (Collagen Complete) and peach flavour (Brand M).

Q. How many ml is in a bottle and how many bottles are there in a box of BLOOM by Young Living Collagen Complete?

Each bottle of BLOOM by Young Living Collagen Complete contains 50 ml of collagen drink, and there is a total of 10 bottles in a box of BLOOM by Young Living Collagen Complete.

INGREDIENTS

Q. Is this product suitable for vegans or vegetarians?

BLOOM by Young Living Collagen Complete contains marine collagen which is derived from fish and therefore is not suitable for vegans. This product is suitable for individuals on pescatarian diets who can consume fish. Other than the hydrolyzed collagen, remaining ingredients are sourced and derived from plants.

Q. Why choose marine collagen (fish) instead of bovine or porcine?

Marine collagen carries Type 1 collagen which is more targeted to skin structure and carries higher bioavailability compared to bovine or porcine collagen, which is a combination of Type 1 and 2 collagens.

Q. What are the fish species used in BLOOM by Young Living Collagen Complete?

BLOOM by Young Living Collagen Complete uses the fish skin of tilapia, pangasius, cod and tuna.

Q. Does the marine collagen contain any heavy metals?

The marine collagen used in BLOOM by Young Living Collagen Complete is extracted from the fish skin of tilapia and pangasius which are farm raised, hence it does not contain any heavy metal pollution from the sea. Using farm-raised fish also delivers a stable amount of collagen.

Q. Where is the wolfberry juice sourced from?

The wolfberry juice used in BLOOM by Young Living Collagen Complete is sourced from Young Living's Seed to Seal partner farm.

Q. Does it contain sweetener?

BLOOM by Young Living Collagen Complete is naturally sweetened with stevia and erythritol, that contributes to zero calories.

Q. Does it contain any chemical or artificial elements?

No, BLOOM by Young Living Collagen Complete does not contain any artificial colours, sweeteners, flavours and preservatives. The statement on BLOOM by Young Living Collagen Complete product label (permitted flavouring) is a standard statement required by regulatory as our product is flavoured with essential oils.

Q. Why does BLOOM by Young Living Collagen Complete contain essential oils?

The essential oils act as a natural citrus flavouring and provide functional support to collagen. Citrus essential oils such as Grapefruit, Lemon and Lime carry a powerful active compound, known as d-limonene, which is a bioactive antioxidant, vital in protecting collagen of the skin.

Q. Where is this product manufactured?

BLOOM by Young Living Collagen Complete is manufactured in Taiwan with one of our Seed to Seal manufacturers. Ingredients are sourced from countries, such as France, that support quality ingredients in accordance with our Seed to Seal standard.

FEATURES/BENEFITS/CONCERNS

Q. What are the key features of BLOOM by Young Living Collagen Complete?

- Contains 10,000 mg of Peptan Hydrolyzed Collagen from a globally leading collagen peptide brand from France
- Small molecular size (2,000da) allows for good absorption and assimilation
- Made from sustainable marine source (fish)
- Contains various antioxidants (wolfberry juice, red beetroot, jasmine green tea extract, vitamins, Lemon, Lime and Grapefruit essential oils)
- Contains skin supporting minerals
- Infused with wolfberry juice and citrus oils rich in d-limonene
- Formulated without artificial colours, sweeteners, flavours or preservatives
- Natural citrus flavour
- Zero oxidation that only glass bottles can provide

Q. What are the benefits of BLOOM by Young Living Collagen Complete?

- Helps to revitalise skin suppleness
- Helps to rejuvenate skin complexion
- Helps to restore the natural radiance of skin
- Helps to improve skin, tone and smoothness
- Helps to strengthen skin elasticity and firmness
- Helps to support hair, nails and connective tissue health
- Helps with tissue building and repair

These statements have not been evaluated by the Therapeutic Goods Administration. Young Living products are not intended to diagnose, treat, cure or prevent any disease.

Q. Can I take BLOOM by Young Living Collagen Complete if I am allergic to crustaceans or molluscs?

A shellfish allergy is not the same as a seafood allergy. Seafood includes fish (like tuna or cod) and shellfish includes crustaceans and molluscs. Even though they both fall into the category of “seafood”, fish and shellfish are biologically different. So, fish will not cause an allergic reaction in someone with a shellfish allergy, unless that person also has a history of fish allergy. Some people with shellfish allergies are allergic to both groups, but some are allergic only to one.

Side note: Crustaceans include shrimp, crab, or lobster and molluscs include clams, mussels, oysters, scallops, octopus and squid.

Q. Who should consume BLOOM by Young Living Collagen Complete?

- Anyone aged 25 and above
- Anyone who is constantly exposed to UV rays
- Those who may need more support due to lifestyle practices such as staying up late, cigarette smokers or vape users, or who lead a highly stressed work life
- Those who may have unhealthy dietary habits such as tendencies to consume sugary food, coffee or alcoholic beverages
- Athletes or those who are into fitness

Q. Who should avoid taking BLOOM by Young Living Collagen Complete?

- Those who are predisposed to kidney stones
- Those who are allergic to fish
- Heart disease or cardiovascular disease patients
- Pregnant women
- Children under 15 years of age
- Those with special medical conditions or who are taking medication

HOW TO USE

Q. How many bottles should I consume in a day?

- For improvement:
 - Drink 1 bottle daily for at least 90 days for optimum results.
 - Applicable for ages 30 and above.
- For maintenance:
 - Drink 1 bottle on alternative days or 3-4 bottles a week.
 - Applicable for ages 25 to 30.

Q. How should I store this product? Is there any recommendation for consumption?

- Store below 25°C away from direct sunlight
- Store at room temperature or refrigerated
- Consume immediately upon opening
- Shake well before use
- Best served when chilled

Q. How long before I will see results?

According to clinical trials, a daily intake of 5,000 mg to 10,000 mg collagen peptide per day will help to maintain skin's hydration, firmness, elasticity, and of course its youth and beauty. Some studies have shown that skin's hydration improves after one to two months of consumption. Several communities have demonstrated the benefits of collagen peptides for preserving joint health as well. Most studies show effects within 3 months. (Source: www.rousselet.com)

Q. Can I combine BLOOM by Young Living Collagen Complete with NingXia Red?

Yes, combining BLOOM by Young Living Collagen Complete with NingXia Red will give better results in terms of skin improvement. Start your day with a Beauty Red Shot: 60 ml of Ningxia Red. End your day with the Beauty Duo: 60 ml of Ningxia Red + 1 bottle of BLOOM by Young Living Collagen Complete.

Q. Can I take more than one bottle of BLOOM by Young Living Collagen Complete a day?

Yes, but it is not encouraged as 10,000 mg a day is sufficient to revitalise the body, rejuvenate and restore natural radiance.

Q. If I take two bottles of BLOOM by Young Living Collagen Complete a day, does it mean more collagen can be absorbed by the body?

It is not recommended, as 10,000 mg a day is sufficient to revitalise the body, rejuvenate and restore natural radiance. BLOOM by Young Living Collagen Complete is a source of protein and carries 10 g of protein per bottle. Plus, there is a limitation to the daily intake of dietary protein from food. With two usual meals that contain chicken/fish/any animal and plant protein (that usually amount to around 20-30g of protein per meal) and one bottle of BLOOM by Young Living Collagen Complete, you would have achieved the Daily Recommended intake of protein for an adult.

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